

**KUTENGERA KULERA**

**KHOMO NDI KHOMO M’MALAWI**

**NDONDOMEKO YOPHUNZITSIRA ALANGIZI NDI OWAYANG’ANIRA**

**CBDA PARTICIPANT MANUAL**

**Revised November 2012**

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**MAU OTHOKOZA**

Ndondomeko ya maphunziro a alangizi otengera kulera khomo ndi khomo yalembedwa potsatira mgwirizano wa mabungwe ndi ma unduna osiyanasiyana amene amatenga mbali pa nkhani ya kulera motsogozedwa ndi Unduna wa za Umoyo m’Malawi.

M'malo mwa Unduna wa za Umoyo m'Malawi, ndikuthokoza kwambiri onse amene anathandizapo ndi zipangizo, ndalama, ndikutifunira zabwino kuti ntchito yonse yolembanso ndondomeko ya maphunziroyi iyende bwino. Mabungwe ndi ma unduna amene ndikuwayamikirawa ndi monga: Banki lalikulu pa dziko lonse (WB) ndi nthambi ya za Umoyo yowona za Uchembere wabwino a Mayi Jane Namasasu, Joyce Nyasulu ndi a Tambudzai Rashidi.

Ndiponso anthu onse amene anagwira ntchito polemba ndondomeko yophunzitsira kachiwiri kwa bukuli awa ndi a:

1. Mayi Ann Phoya - Unduna wa za Umoyo
2. Mayi J. Namasasu - Reproductive Health Unit
3. Mayi E.C. Mwalwanda - District FP Coordinator Ntchisi
4. Mayi E.J. Nyirenda - District FP Coordinator Chitipa
5. Bambo Yona Gondwe - CBDA Coordinator - Ekwendeni Hospital
6. Bambo A. Mpunga - IEC Officer, Gender and Comm. Services
7. Bambo K. Ombani - IEC Officer, Ntchisi
8. Bambo J. Makoka - IEC Officer, Chiradzulu
9. Bambo R.M. Jacksoni - Project Accountant
10. Mayi J. Nyasulu - RHU
11. Mayi R. Kundecha - Youth Life Centre - F/P Association of

Malawi

1. Mayi D.M. Mpando
2. Mayi E. Chilemba
3. Mayi H. Petani - CBDA Coordinator, Malamulo Hospital
4. Mayi P.C. Masepuka - POP/FP Project
5. Mayi J.M. Lunguzi - POP/FP Project
6. Bambo M. Chatuluka
7. Mayi R. Chimenya - Nkhoma Hospital

Ndipo gulu loyamba limene linalemba bukuli mchaka cha 1998 ndi ili :

1. Mayi L. Maliro *Master Trainer in Family Planning*
2. Mayi E. Pelekamoyo *Master Trainer in Family Planning*
3. Bambo T. Damaso *Family Planning Trainer*
4. Mayi G. Mlava: *Master Trainer in Family Planning*
5. Mayi J. Banda: *NGO Associate, JSI-STAFH Projec.*
6. Mayi P. Masepuka *SRN/Community Nurse Midwife*
7. Mayi M. Mkwamba *Assistant Audio-Visual Officer MOWYCS*
8. Bambo E. Gumbo: *Assistant Registrar, MCM*
9. D. Mtotha *Principal Clinical Superintendent and Lecturer MOH*
10. Bambo M. Chatuluka *GTZ Programme Officer (FP)*
11. Bambo P. Kambalametore *CBD Project Director, Malamulo*
12. Mayi E. Chirambo *NGO Associate, JSI-STAFH Project*
13. Bambo K. Mhango *FP Provider and FP Trainer*
14. Bambo W. Mzembe *FP Provider and FP Trainer*
15. R. Ng'ambi *World Vision International, Kabudula*
16. Bambo Boniface Kalanda
17. Hudson Kubwalo
18. Mayi Nora Chando

Bukuli launikidwa ndi kulembedwanso chifukwa cha kusintha kwa zinthu zina zokhudzana ndi chiwerengero cha anthu, njira zatsopano zakulera komanso zokhudzana ndu ubereki. Izi zinachitika mchaka cha 2012. Ndipo gulu lachitatu limene linagwira ntchito polemba ndondomeko yophunzitsira bukuli ndi awa:

1. Mayi Sharon Bisika - Chief Nursing Officer Zomba Central Hospital
2. Mayi Mercy Ng’anjo - Principal Nursing Officer Lilongwe DHO
3. Peter Phri - Senior Lecturer MCHS Blantyre Capmus
4. Thom Sauzande - Nurse Educator Mulanje Mission College of Nursing
5. Tonex Kanthonga - Clinical Trainer Banja La Mtsogolo
6. Grace Malijani - SCHN Mponela Rural Hospital
7. Linness Makwelero - Zomba DHO
8. Fanny Thawe - Nurse/Midwife Technician
9. Austin Kapira - Nursing Officer Blantyre DHO
10. Francina Taibu - SCHN Machinga DHO
11. Jessie Mumba - CHNT Chiradzulu DHO
12. Roy Makaika - Pharmacy Technician Mulanje DHO
13. Luwiza Puleni - Save the Children
14. Joyce Wachepa - SSDI-Services

**MAWU OYAMBA**

Boma la Malawi limayika mtima pa za kulera ngati njira imodzi yopititsira patsogolo ndiponso kutukula miyoyo ya anthu ake. Pofuna kukwaniritsa cholinga ichi, boma lawonjezera njira zina zatsopano zopititsira patsogolo ntchito ya kulera monga kupezera njira za kulera m'midzi mwathu (CBD), m'makampani (private sector) ndi mogulitsira malonda (social marketing), Unduna wa za Umoyo, pofuna kupititsa patsogolo ntchito zotengera kulera khomo ndi khomo, analembanso mogwirizana ndondomeko yophunzitsa ntchitoyi pa njira zomwe zinalipo kale m'zipatala ndi m'zipatala zoyendayenda.

Alangizi a zakulera a m'midziwa, azigwiritsa ntchito chikalata chowayenereza olera awo kulandira mapiritsi olerela. Powonjezera apo, alangiziwa aziphunzitsa anthu m'mudzi mwawo za kuwopsa ndiponso kapewedwe ka matenda opatsirana kudzera m'kugonana monga chindoko, chizonono komanso Edzi. Ntchito yinanso yomwe alangiziwa azichita ndi kutumiza kuchipatala anthu onse omwe asankha njira zomwe iwo alibe komanso kwa amene ali ndi mavuto ena ndi matenda opatsirana kuti akayezedwe ndinso akapitirize kulandira chithandizo chimene mlangizi wa zakulera wa ku midzi sangathe kupereka. Kuwonjezera pa kupereka mapiritsi olerera, alangiziwa amaperekanso ma kondomu ababmbo ndi amayi.

**MBIRI YA ZAKULERA M'MALAWI**

Ntchito zakulera m'Malawi muno, zinayambitsidwa mu zaka za m'ma 1960 koma ntchitozi zinayimitsidwa chifukwa cha mphekesera za bodza ndi kusamvetsetsa. Chinanso chimene chinalepheretsa ntchitoyi ndi ndondomeko imene inatsatiridwa yomwe siinabvomerezedwe ndi a Malawi nthawiyo.

Ntchitoyi inadzayambitsidwanso mu 1982. Mu 1992, patatha zaka khumi ntchitoyi ikugwiridwa, kunapezeka kuti mwa amayi zana limodzi (100) obereka, asanu ndi awiri okha (7% MDHS 1992) ndi amene amatsatira njira za makono zolerera. Zinanso zomwe zinapezeka ndi:- kuchuluka kwa ana obadwa mbanja kunali 7 pa mai aliyense (MDHS 1992), Pa ana 1,000 aliwonse 103.8 amamwalira asanathe chaka, ndipo amayi 1,112 mwa amayi 100,000 amamwalira ndi uchembere (MDHS 2000). Izi zikusonyeza kukula kwa mavuto amene amadza chifukwa cha kusalera.

Mabungwe ambiri m'Malawi muno akhala otanganidwa kupititsa patsogolo ntchito zophunzitsa anthu za kulera. Izi zachititsa kuti anthu 9 mwa anthu 10 aliwonse (90%) adziwe za kulera (MDHS 1992,). Ngakhale anthu ambiri chomwechi akudziwa zakulera, ndi zokhumudwitsa kuti amayi asanu ndi awiri okha (7) mwa amayi zana limodzi (100) ndi omwe amagwiritsa ntchito njira za makono zorerera. Poona kuti kupereka njirazi m'zipatala mokha sikukukwanira, ndi chifukwa chake boma lawonjezera malo operekerako njira zolererazi.

Boma la Malawi lakhal likulimbikitsa kulera muno mMalawi kuchokera nthawi imeneyi ndipo zinthu zasintha ndipo mabanja ambiri akhala akugwiritsa ntchito njira zolera ngakhale kudzera kwa alangizi otengera kulera khomo ndi khomo. Mu kafukufuku yemwe anachita mchaka cha 2010 (MDHS 2010) wasonyeza kuti anthu 99 mwa anthu 100 aliwonse amadziwa za kulera, kuchuluka kwa ana obadwa mbanja kunali 7 pa mai aliyense (MDHS 1992),.ndipo kafukufuku mu 2010 wasonyeza kuti amayi akubereka ana 5.7. Mayiko ambiri atulukira kuti ndi bwino kugwiritsa ntchito alangizi otengera kulera khomo ndi khomo makamaka akakhala ophunzitsidwa bwino komanso oyang'aniridwa bwino ndi akuchipatala. Izi zimathandiza kuti ntchito yolera ipite patsogolo mdziko chifukwa alangiziwa amatengera njira zolerera m'midzi ndi m'madera m'mene amakhala.

Ntchito za kulera m'midzi (CBD), m'Malawi muno zinayambitsidwa ndi zipatala zitatu za mishoni: Ekwendeni m'boma la Mzimba (chigawo chakumpoto) m'chaka cha 1989, Malamulo m'boma la Thyolo (chigawo cha kumwera) m'chaka cha 1992 ndi Nkhoma m'boma la Lilongwe (chigawo cha pakati) m'chaka cha 1993. Koyambirira alangizi aku Malamulo amaloledwa kugawa ma kondomu okha mpaka chaka cha 1992 pomwe anaonjezera njira zina za kulera. Koma a ku Nkhoma ndi Ekwendeni anayambiratu kugawa mapiritsi, makondomu ndi mapiritsi ovalira pamene amayamba ntchitoyo. Ngakhale ntchitoyi yagwiridwa zaka zochepa, ikusonyeza kuti ipititsa patsogolo ntchito za kulera chifukwa njira zolerera zizipezeka m'midzi. Izi zichititsa kuti amayi ambiri azitenga njira zolerera za makono.

Potsatira zomwe zinachita zipatala zitatu za mishonizi, mabungwe ndi maunduna ena anayambitsanso ntchito zakulera m'midzi, ndipo mabungwe ndi awa:- Banja la Mtsogolo ku Blantyre, Zomba ndi Lilongwe; GTZ ku Machinga; Project Hope ku Thyolo; International Rescue Committee mogwirizana ndi Unduna wa za Umoyo ndi Chiwerengero cha Anthu ku Mitundu m'boma la Lilongwe; bungwe la World Vision International kwa Kabudula m'boma la Lilongwe; Action Aid ku Dowa; ADRA mogwirizana ndi Unduna wa za Umoyo ndi Chiwerengero cha Anthu kwa Lundu m'boma la Blantyre, kwa Misolo m'boma la Mangochi, ndi boma la Salima, anayambitsanso ntchitoyi. A Malamulo anawonjezera madera ena monga Lake View m'boma la Ntcheu, kwa Mbwatalika m'boma la Lilongwe, ku Sangilo m'boma la Karonga, ndi Nkholongo m'boma la Mzimba. Mabungwe enanso ngakhale amene sagwira ntchito ya za umoyo alinso ndi ufulu wakuyambitsa ntchito yotengera kulera khomo ndi khomo.Kuti ntchito yotengera za kulera khomo ndi khomo iyende bwino, dziko lirilonse lofuna kuyambitsa ntchitoyi limayenera kuyala maziko ndi ndondomeko yogwirira ntchitoyi. Izi zimathandiza kuti mabungwe onse azigwira ntchitoyi mofanana.Ntchito yophunzitsa alangizi otengera kulera khomo ndi khomo m'Malawi muno yakhazikitsidwa pa maziko omwe anayalidwa ndi zipatala za mishoni zija za Ekwendeni, Nkhoma ndi Malamulo, potsatira ndondomeko ya maphunziro yomwe inakonzedwa ndi chipatala cha Ekwendeni ndi thandizo lochokera ku SEATS Project ya ku Zimbabwe. Kuwonjezera apo, zochitikanso m'mayiko ena zathandiza kukonza dongosolo la maphunzirowa. Maphunziro amene amalandira alangizi a zakulera m'midzi anali osiyana chifukwa panalibe ndondomeko imodzi yoti mabungwe onse azitsatira pophunzitsa alangiziwa.

**CHOLINGA CHA MAPHUNZIRO A ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO**

**Cholinga Chachikulu**

Kuphunzitsa alangizi otengera kulera khomo ndi khomo kuti akhale ndi luso pa ntchito yawo yopereka njira zolerera ndi kuphunzitsa za matenda opatsirana pogonana kuphatikizapo HIV ndi AIDS ndi kapewedwe kake m’magulu, m’maanja ndi kwa aliyense payekhapayekha.

**Zolinga zina mwa tsatanetsatane**

Potsiliza pa maphunziro ophunzira ayenera

1. Kugwiritsa ntchito zomwe waphunzira pa kayankhulidwe, kakopedwe ndi kaphunzitsidwe ka anthu popititsa mtsogolo ntchito ya kulera ndi kapewedwe ka matenda opatsirana pogonana kuphatikizapo HIV ndi AIDSi.
2. Kuwonetsa luso la kayankhulidwe ndi uphungu pogwira ntchito yawo kwa aliyense ndi m’maanja.
3. Kuwonetsa ukatswiri pothandiza anthu amene akutsata njira za kulera, potsogozedwa ndi malamulo a za kulera m’Malawi.
4. Kutumiza aliyense amene ali ndi vuto lokhudzana ndi uchembere ku chipatala chimene ali nacho pafupi.
5. Kuonetsa luso logwirizana ndi onse ogwira ntchito za umoyo m’midzi (PHC) popititsa patsogolo ntchito ya kulera m’midzi.

**KASANKHIDWE NDI NTCHITO ZA ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO**

* **Kutanthauzira kwa mawu oti Mlangizi wotengera kulera khomo ndi khomo m'Malawi**

Uyu ndi munthu amene amasankhidwa ndi anthu kuti azigwira ntchito yotengera kulera khomo ndi khomo pakati pa anthu omwe amakhala nawo.

* **Zomuyenereza munthu kusankhidwa kukhala Mlangizi wotengera kulera khomo ndi khomo**
  + Akhale wodziwa kulemba ndi kuwerenga chiyankhulo cha m’deralo ndipo sukulu yake analekezera Sitandade 8 kapena kupitilira.
* Bambo/Mayi wovomerezedwa ndi anthu a m’deralo.
* Wa msinkhu woyenerera kuderalo.
  + Wosunga chinsinsi pogwira ntchito ndi anthu komanso pa nkhani zomwe wamva.
  + Wokhwima m'maganizo ndiponso wopatsidwa ulemu m’deralo.
  + Nzika ya mderalo.
  + Wathanzi, wachangu, wanzeru ndi wochita zinthu mokhoza.
  + Wokhulupirika ndi wovomerezeka mderalo.
  + Womvana bwino ndi anthu a m’deralo.
* Akhoza kukhala wa banja kapena wa m'mphala malinga ali wovomerezeka ndi anthu a m’deralo.
* Wa nsangala, wogwirizana ndi kulemekeza anthu amene akulandira njira zolelera.
* Wolankhula chinenero chomvana ndi anthu onse a m’deralo.
* Wopereka njira zolelera mwa ufulu kwa anthu mosaumiriza.
* **Njira yosankhira Mlangizi wotengera kulera khomo ndi khomo**
* Kambiranani ndi atsogoleri onse m'deralo kuti mudziwe ndi makhalidwe otani omwe iwo angafune kuti mlangizi wotengera kulera khomo ndi khomo akhale nawo.
* Izi zichitike kusankha kusanayambike. Mwa chitsanzo, malo ena mayi wokwatiwa amakhala mlangizi wabwino pamene malo ena mlangizi wa mkazi ndi wa mamuna mogwirizana angathe kugwilira limodzi
* Kambiranani ndi anthu m'deralo kutalika kwa nthawi yomwe angafune kupatsidwa kuti afufuze anthu omwe akufuna kukhala alangizi.
* Anthu osankhidwa akhale ochulukirapo kuposa nambala yofunika, popeza aphunzitsi adzasankhanso pogwiritsa ntchito m'ndandanda wa kasankhidwe ka alangizi maphunziro asanayambe.
* Onetsetsani kuti anthu onse m'deralo asankha nawo alangiziwa osati anthu pang'ono okha.
* Achipatala kapena ogwira ntchito yaboma asasokoneze anthu a mderali posankha mlangizi wawo.
* **Ntchito za alangizi otengera kulera khomo ndi khomo**
* Kulemba ndi kuthandiza onse ofuna kugwiritsa ntchito njira zolerera za makono.
* Kupititsa patsogolo uphunzitsi ndi kukambirana za kulera, matenda opatsirana pogonana ndiponso a HIV ndi Edzi.
* Kuthandiza anthu ofuna za kulera akale komanso atsopano kwa masiku atatu pa sabata iriyonse.
* Kupereka njira za makono zolerera monga mapiritsi akumwa, makondomu abaambo ndi amayi kwa anthu oyenera.
* Kukonza dongosolo logwirira ntchito masabata atatu aliwonse.
* Kukhala nawo pa misokhano ya mwezi ndi mwezi.
* Kusunga malekodi mu kaundula, kulemba mu kaundula ndi tale shiti.
* Kuyendera olera onse otumizidwa ndi osatumizidwa kuchipatala komanso omwe asonyeza chidwi chofuna kuyamba kulera.
* Kutsatira dongosolo loperekera malipoti komanso nthawi yoyenderedwa ndi owayang'anira a kuchipatala.
* Kugwirira limodzi ntchito ndi alangizi anzawo a za kulera m'deralo, kupewa
* Kuyendera anthu amodzimodzi komanso kuti agawane bwino malo/mudzi.
* Kudziwa ndi kulemba mapu a m'deralo.
* Kukhala nawo pa misonkhano yomemezedwa ndi magulu ena monga mafumu, a ndale, amipingo ndi ena otero.
* Kutumiza olera ku zipatala kuti akalandire njira zomwe mlangizi sangathe
* Kupereka ndipo atumize anthu osachepera asanu ndi m'modzi pa mwezi.

**MAPHUNZIRO A WOYANG’ANIRA ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO**

**Cholinga Chachikulu**

Kuphunzitsa oyang’anira alangizi otengera kulera khomo ndi khomo amene pomaliza maphunzirowo adzakhale ndi luso loyang’anira ndi kuongolera ntchito za mlangizi otengera kulera khomo ndi khomo.

**Mfundo Za Tsatanetsatane**

Pomaliza pa phunziroli ophunzira adzakhale atadziwa izi:

* Kuonetsa luso logwiritsa ntchito, MFUNDO zabwino za kukambirana ndi kumvana pogwira ntchito yao.
* Kugwiritsa ntchito luso loyang’anira alangizi otengera kulera khomo ndi khomo.
* Kugwiritsa ntchito malekodi a alangizi otengera kulera khomo ndi khomo posonkhanitsa ndi kuwerengera zones zochitika pa ntchito yotengera kulera khomo ndi khomo.
* Kugwiritsa ntchito chikalata choonera ndi kuyang’anira m’mene ntchito ikuyendera.

**ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO AYENERA**

1. Kusunga chinsinsi pogwira ntchito ndi anthu komanso nkhani zomwe amva.
2. Kulemekeza anthu amene akulandira njira zolelera.
3. Kupereka njira zolelera mwaufulu kwa anthu mosaumiriza.

***Zopinga***

Pali zopinga zikulu-zikulu zomwe zinapezeka mu 1995. Pamene bungwe la Umoyo Wabwino wa M'banja m'Malawi (Kulera) mogwirizana ndi bungwe la JSI-STAFH Project anaunika ntchito yotengera kulera khomo ndi khomo m'Malawi. Zopingazo ndi izi:

1. **Zokhudzana Ndi Mlangizi Wotengera Kulera Khomo Ndi Khomo**

* Mavuto pogwiritsa ntchito chikalata choyenereza mai kulandira njira zolerera;
* Kuvutika potsutsa mphekesera ndi zikhulipiriro za bodza;
* Kulephera kuthandiza mai yemwe ali ndi zobvuta zokhudzana ndi njira zakulera za makono;
* Nthawi zina amalangiza amayi malangizo omwe sioona kweni-kweni;
* Ambiri amalangiza amayi zabwino zokha za mapirisi kusiya njira zina zolerera;
* Ena amalephera kusunga bwino zolemba zawo (malekodi).

1. **Zopinga Zina Ndi Izi Zokhudzana Ndi Ntchito Yotengera Kulera Khomo Ndi Khomo**

* Kusiyana kwa katalikidwe ka nthawi ya maphunziro;
* Kusiyana kwa MFUNDO zophunzitsa;
* Kusiyana kwa malekodi ndi malipoti.

Potsatira zimene zinapezekazi, bungwe la Umoyo Wabwino wa M'banja m'Malawi lomwe udindo wake ndi kuwonetsetsa kuti mabungwe onse omwe akugwira ntchito za kulera akugwira mofanana, linagwirizana ndi mabungwe ena kuti palembedwe ndondomeko imodzi yophunzitsira za kutengera kulera khomo ndi khomo ndi cholinga choti zikhale zofanana.

Unduna wa za Umoyo Wabwino wa M'banja m'Malawi mogwirizana ndi Unduna wa Za Umoyo ndi Chiwerengero cha Anthu, bungwe la JSI-STAFH Project ndi mabungwe ena anagwirira limodzi ntchito yokonza ndondomeko ya maphunziroyi. Zikuyembekezedwa kuti ndondomeko ya maphunziro imeneyi idzagwiritsidwa ntchito ndi mabungwe onse omwe ali ndi ma pulojeketi otengera kulera khomo ndi khomo m'Malawi.**MUTU 1**: **CHIWERENGERO CHA ANTHU M'MALAWI NDI ZOCHITIKA**

**ZAKE**

***Nthawi Yophunzitsira: Mphindi 30***

**Mfundo za Tsatanetsatane**

**Potsiriza Pa Phunziroli, Ophunzira Onse Ayenera:**

1. Kutanthauzira mau akuti chiwerengero cha anthu m'Malawi ndi zochitika zake.
2. Kufotokoza mwatsatane-tsatane mbiri ya kusintha kwa chiwengero cha anthu m'Malawi.
3. Kukambirana zotsatira zakukula kwa chiwerengero cha anthu mwansanga pa chikhalidwe cha anthu ndi chitukuko.

**KONTENTI**

**TANTHAUZO LA CHIWERENGERO CHA ANTHU M'MALAWI NDI**

**ZOCHITIKA ZAKE**

Kusintha kwa m'mene zinthu ziriri (m'zaka ndi m'chiwerengero cha amuna ndi akazi) zokhudzana ndi kukula kwa chiwerengero (kuchuluka kwa ana obadwa pachaka, anthu omwalira ndi ana obadwa m'banja) ndi kayendedwe ka anthu monga kuchokera m'madera a m'midzi kupita m' mizinda ndiponso kuchokera m'mizinda kupita kumadera a m'midzi.

**Zizindikiro Zolozera Kusintha Kwa Chiwerengero Cha Anthu**

* Pakali pano chiwerengero cha anthu chiri pafupifupi 14 miliyoni, theka la

chiwerengerochi ndi la atsikana ndi anyamata osapitirira zaka khumi ndi

mphambu zisanu (15).

* Kuonjezekera kwa chiwerengero cha ana obadwa m'banja kuli pa 5.7(DSH 2010)
* Kukula kwa chiwerengero cha anthu chaka ndi chaka kuli pa 2.8%.(DSH2010)P.2
* Kuchuluka kwa chiwerengero cha amayi omwalira ndi uchembere, (ali ndi pakati, pobereka kapena ali m'chikuta) kuli pa 675 mwa amai 100,000 amene abereka ana a moyo.(DHS 2010)
* Chiwerengero cha ana amene amamwalira asanakwanitse chaka chimodzi cha kubadwa chili pa 66 mwa ana 1,000 obadwa.(DHS 2010)
* Chiwerengero cha ana amene amamwalira asanakwanitse zaka zisanu zakubadwa chili pa 112mwa ana 1,000 wobadwa.(DHS 2010)
* Chiwerengero cha ana amene amamwalira asanakwanitse chaka chimodzi cha kubadwa chili pa 135 mwa ana 1,000 obadwa.
* Chiwerengero cha ana amene amamwalira asanakwanitse zaka zisanu zakubadwa chili pa 115 mwa ana 1,000 wobadwa.

**Mbiri Yakusintha Kwa Chiwerengero Cha Anthu m'Malawi**

Kalembera wa chiwerengero cha anthu woyamba m'Malawi chilandirire ufulu wodziramulira anachitika m'chaka cha 1967. Kuyambira pamenepo, kusintha kwa chiwerengero kwakhala motere:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **CHAKA** | **1967** | **1977** | **1987** | **1992** |
| Chiwerengero Cha Anthu | 4,000,000 | - | 8,000,000 | 9,000,000 |
| Kuchuluka Kwa Chiwerengero Cha Ana Obadwa M'banja | 7.6 | 7.6 | 7.6 | 6.7 |
| Chiwerengero Cha Ana Omwalira Asanakwanitse Chaka | 190/1000 | 165/1000 | 159/1000 | 136/1000 |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **CHAKA** | | | | **1998** | | | **2000** | | | **2004** | | **2010** | |
| Chiwerengero Cha Anthu | | | | 10,000,000 | | | 11,000,000 | | | 13,000,000 | | 14,000,000 | |
| Kuchuluka Kwa Chiwerengero Cha Ana Obadwa M'banja | | | | 6.7 | | | 6.3 | | | 6.0 | | 5.7 | |
| Chiwerengero Cha Ana Omwalira Asanakwanitse Chaka | | | | 134/1000 | | |  | | | 133/1000 | | 112/1000 | |
| Zaka Zimene Munthu Ayembekezeka Kukhala Moyo | | | | | | | | | | | | | |
| **1960** | **1965** | **1970** | **1975** | | **1980** | **1985** | | **1990** | **1995** | | **2000** | **2005** | **2011** |
| 38 | 39 | 41 | 43 | | 44 | 46 | | 47 | 47 | | 46 | 49 | 54 |

**Zotsatira Zakukula Kwa Chiwerengero Cha Anthu Mwamsanga Pachikhalidwe Cha Anthu Ndi Chitukuko**

* **Pa munthu aliyense/banja/gulu:**
* Kudya moperewera
* Kukhala m'malo auve ndi kumwa madzi oipa
* Kuchepa kwa malo pa dziko
* Kukhala osasangalala
* Kusowa mwai opezera zofunika pamoyo wa munthu
* Ana amakhalakhala kusukulu
* **M'dziko**
* Kuchepa kwa malo okhala ndi olima
* Kuperewera kwa chakudya
* Kusowa kwa ntchito ndi njira zopezera ndalama
* Kusowa mwai wopita ndi kupitiliza sukulu
* Kuchepa kwa zipatala polinganiza ndikuchuluka kwa anthu
* Kuonongeka kwa zachilengedwe
* **Pachitukuko cha dziko**

Chifukwa chazotsatira zakuchuluka kwachiwerengero cha anthu mwansanga kwa munthu aliyense payekhapayekha, banja, gulu ndi dziko lonse, boma limaononga chuma chambiri muntchito izi:

* Kumanga sukulu zambiri ndi kupereka chithandizo kumaphunziro
* Kumanga zipatala zambiri zazikulu ndi zazing'ono zomwe ndi kupereka chithandizo cha Umoyo ndi chisamaliro kwa anthu.
* Kuitanitsa zinthu zofunikira pa umoyo wa munthu monga chakudya kuchokera kunja ndi cholinga chodyetsa ndi kusamala unyinji wa anthu.

Chifukwa cha zimenezi, boma silikhalira ndi chuma chokwanila kuti:

* Liyambitse makampani kuti anthu apeze ntchito
* Kupereka ngongole kwa anthu kuti ayambitse mabizinesi
* Kuyambitsa chitukuko chiri chonse padziko.

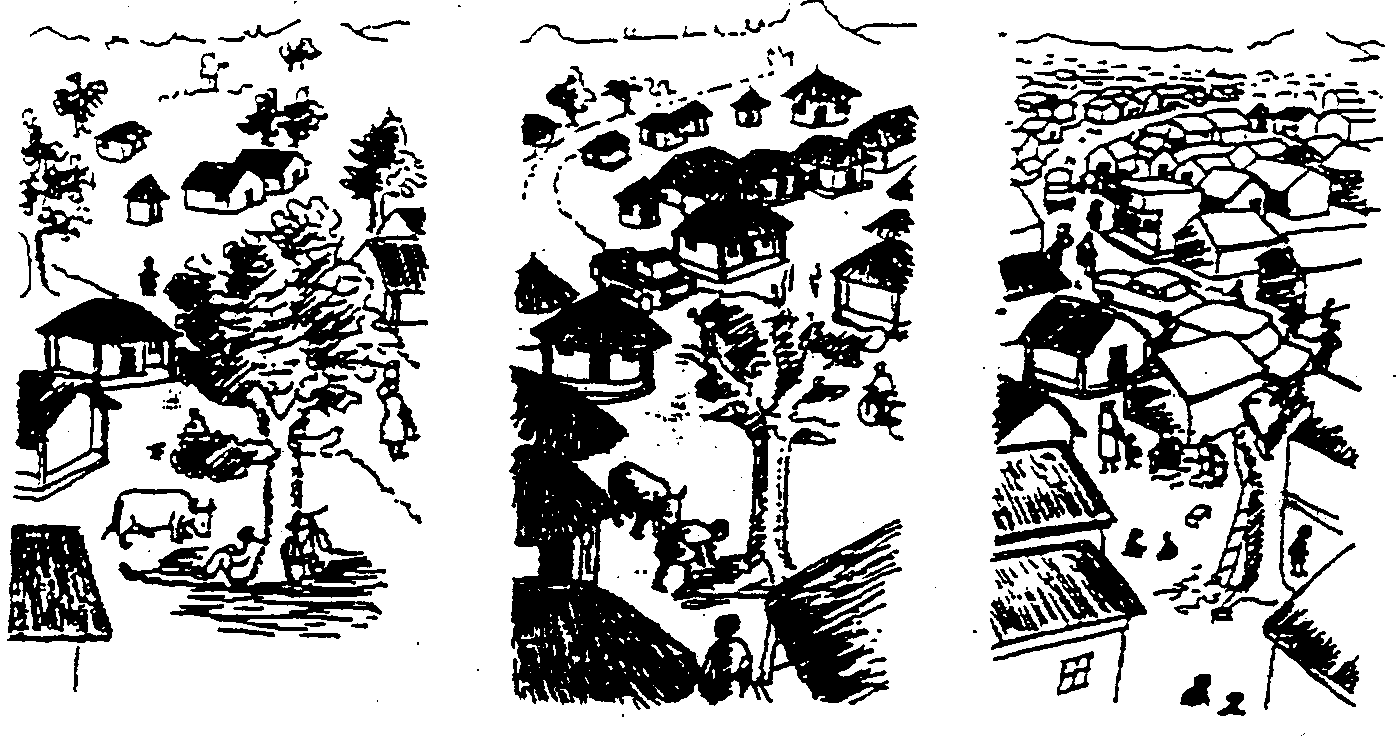
**Malangizo kwa Aphunzitsi**

1. Funsani awiri mwa iwo alongosole zimene zikuchitika pa chithunzi chirichonse ndi tanthauzo lake pokhudzana ndi mavuto a kuchuluka kwa anthu padziko.
2. Tsenderani zokambiranazo polongosola mwachidule zimene zikuchitika pa zithunzipo.

**KODI MUKUGANIZA KUTI NDI CHIANI CHIMENE CHIRI KUCHITIKA PA MUDZI ULI M'MUNSIMU?**

**Mudzi wa Chinkho Mudzi wa Chinkho Mudzi wa Chinkho**

*Chaka Choyamba**Patatha Zaka Zitatu**Patatha Zaka Khumi*

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**MUTU 2**

**MBIRI YA KULERA**

***Nthawi Yophunzitsira: Mphindi 30***

**Mfundo za Tsatanetsatane**

**Potsiriza Pa Phunziroli, Ophunzira Onse Ayenera**

1. Kutanthauzira mau akuti kulera.
2. Kufotokoza chiyambi cha kulera m'Malawi.
3. Kufotokoza zifukwa zitatu zimene zinalepheretsa kuti ntchito ya za kulera

m'Malawi ipite mtsogolo kalero.

1. kutchula chaka chimene kulera kunayambitsidwanso m'Malawi.
2. Kufotokoza zifukwa zinayi zimene zinapangitsa kuti ntchito ya za kulera irimbikitsidwe m'Malawi.
3. Kutchula chifukwa chimene ntchito yotengera kulera khomo ndi khomo inayambitsidwa m'Malawi.
4. Kufotokoza chiyambi cha ntchito yotengera kulera khomo ndi khomo m'Malawi.

**KONTENTI**

**Kutanthauzira Mau Akuti Kulera**

Ganizo losaumirizidwa kwa a chinyamata, a bambo ndi amayi a msinkhu wobereka kapena maanja pa chiwerengero cha ana amene akufuna kukhala nawo, nthawi imene adzabereke ndi kutalikana kwa uchembere.

**Kufotokoza Chiyambi Cha Kulera m'Malawi**

Ntchito za kulera m'Malawi muno, zinayambitsidwa mu zaka za m'ma 1960.

**Kufotokoza Zifukwa Zitatu Zimene Zinalepheretsa Kuti Ntchito Ya Zakulera Ipite Mtsogolo m'Malawi Muno Kalero**

Ntchitozi zinayimitsidwa chifukwa:

* Cha mphekesera za bodza
* Kusamvetsetsa
* Ndondomeko imene inatsatiridwa yomwe siyinavomerezedwe ndi a Malawi nthawiyo.

**Kutchula Chaka Chimene Ntchito Ya Kulera Inayambitsidwanso m'Malawi**

Ntchito ya kulera inayambitsidwanso mu chaka cha 1982.

**Kufotokoza Zifukwa Zinayi Zimene Zinapangitsa Kuti Ntchito Ya Kulera Ilimbikitsidwe m'Malawi**

* Mwa amayi zana limodzi (100) obereka, asanu ndi awiri (7) ndi amene amatsatira njira za makono za kulera.

Zinanso zomwe zimapezeka ndi:

* Chiwerengero cha ana pa mai aliyense chinali 7.
* Pa ana 1,000 aliwonse 135 amamwalira asanathe chaka.
* Amayi 620 mwa amayi 100,000 amamwalira ndi uchembere. Izi zikusonyeza kuti kulera nkofunika kwambiri kuti tichepetse mavutowa.

**Kutchula Chifukwa Chimene Ntchito Yotengera Kulera Khomo Ndi Khomo Inayambitsidwa m'Malawi**

Ntchito yotengera kulera khomo ndi khomo inayambitsidwa ndi cholinga chopititsa Patsogolo Kulera m'Malawi.

**Kufotokoza Chiyambi Cha Ntchito Yotengera Kulera Khomo Ndi Khomo m'Malawi**

Ntchito za kulera m'midzi (CBD), m'Malawi muno zinayambitsidwa ndi zipatala zitatu za mishoni: Ekwendeni m'boma la Mzimba (chigawo cha kumpoto) m'chaka cha 1989, Malamulo m'boma la Thyolo (chigawo cha kummwera) m'chaka cha 1992 ndi Nkhoma m'boma la Lilongwe (chigawo cha pakati) m'chaka cha 1993. Koyambirira alangizi aku Malamulo amaloledwa kugawa ma kondomu okha mpaka chaka cha 1992 pomwe anaonjezera njira zina za kulera. Koma a ku Nkhoma ndi Ekwendeni anayambiratu kugawa mapiritsi, makondomu ndi mapiritsi ovalira pamene amayamba ntchitoyo.

Potsatira zomwe zinachika m'zipatala zitatu za mishonizi, mabungwe ndi maunduna ena anayambitsanso ntchito yotengera kulera khomo ndi khomo m'madera ambiri m'Malawi.

Kuti ntchito yotengera za kulera khomo ndi khomo iyende bwino, dziko lirilonse lofuna kuyambitsa ntchitoyi limayenera kuyala maziko ndi ndondomeko yogwirira ntchitoyi. Izi zimathandiza kuti mabungwe onse omwe azigwira ntchitoyi m'malo osiyanasiyana azigwira ntchitoyi mofanana.

# MUTU 3

# CHIYAMBI CHA UMOYO WABWINO

***Nthawi Yophunzitsira: Mphindi 45***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli, ophunzira onse ayenera:**

1. Kutanthauzira mau akuti chiyambi cha umoyo wabwino m'Malawi.
2. Kufotokoza kufunika kwa chiyambi cha umoyo wabwino m'Malawi.
3. Kufotokoza udindo wa mlangizi wotengera kulera khomo ndi khomo pokwaniritsa zolinga za chiyambi cha umoyo wabwino m'Malawi.

# KONTENTI

**Tanthauzo La Mau Akuti Chiyambi Cha Umoyo Wabwino m'Malawi**

Ndi chithandizo chofunikira choyamba cha umoyo wabwino chimene

chimaperekedwa kwa anthu kumalo kumene akukhala mogwirizana ndi anthuwo.

**Kufunika Kwa Chiyambi Cha Umoyo Wabwino m'Malawi**

* Umathandiza kuti ntchito za kulera zipezeke ponseponse kwa munthu ali yense, m'maanja ndi m'midzi.
* Umathandiza kuti anthu ambiri avomereze za nkhani yakulera
* Umalimbikitsa anthu kuti azitenga mbali pa nkhani zokhudzana ndi umoyo wawo m'midzi.
* Umapititsa mtsogolo ntchito za kulera pozitengera kufupi ndi anthu.

**Udindo Wa Mlangizi Wotengera Kulera Khomo Ndi Khomo Pokwaniritsa Zolinga Za Chiyambi Cha Umoyo Wabwino m'Malawi**

* Kupereka njira zolerera kwa aliyense amene akuzifuna khomo ndi khomo.
* Kuphunzitsa ndi kuzindikiritsa anthu njira zopewera matenda opatsirana pogonana kuphatikiza HIV/Edzi.
* Kukhala chitsanzo pogwiritsa ntchito njira zolerera
* Kugwira ntchito pamodzi ndi alangizi ena a za umoyo pa ntchito ya kulera.
* Kuthandiza pochepetsa imfa ya amayi ndi ana.
* Kuthandiza anthu amene akubereka ana ambiri powapatsa njira zolerera.

**MUTU 4**

**UBWINO WA KULERA**

***Nthawi Yophunzitsira: Mphindi 30***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera**

1. Kutanthauzira mau akuti Kulera
2. Kutchula ubwino wa Kulera
3. Kutchula anthu ovutika ndi uchembere
4. Kulongosola zotsatira ngati amayi sakulera

# KONTENTI

**Tanthauzo la mau akuti Kulera**

Ndi ganizo losaumirizidwa kwa a chinyamata a bambo ndi amayi a msinkhu wobereka kapena m'maanja pa chiwerengero cha ana amene afuna kukhala nawo, ndi nthawi imene adzabereke ndikutalikirana kwa uchembere.

**Ubwino wa kulera**

* **Kwa Abambo**

- Amakwaniritsa kupeza zofunikira pa munthu aliyense wa pabanjalo monga kutumiza ana ku sukulu, kugula zovala, zakudya,ndi kukhala ndi nyumba yabwino.

- Amakhala ndi maganizo okhazikika ndikupititsa mtsogolo chitukuko pa banja.

- Ali ndi mpata wosonyeza chikondi kwa akazi awo.

* **Kwa Amayi**

- Amakhala ndi moyo wa thanzi.

- Amapewa maganizo ochotsa mimba.

- Mai amatha kupitiriza maphunziro.

- Mai amapereka chikondi chonse kwa mwana.

* Amatha kugonana mosangalala nthawi iriyonse osaganizira zokhala ndi mimba yosayembekezera.
* Amakhala ndi nthawi kukagwira ntchito yobweretsa chithandizo cha ndalama m'banja.
* Amakhala ndi mpata osamalira pakhomo.
* Amakhala ndi mpata osonyeza chikondi chonse kwa abambo.
* **Kwa Mwana**
* Mwana amabadwa wa thanzi.
* Amakhala wa thanzi.
* Amakhala ndi maganizo abwino ndi a nzeru.
* Amalandira chikondi ndi chilangizo chokwanira kuchokera kwa makolo.
* Amalandira zofunikira zonse pa moyo wake monga chakudya, zovala, maphunziro, malo ogona abwino ndi umoyo wabwino
* Amakula ndi mtendere ndi maganizo odekha.
* Ana sadwaladwala ndipo imfa ya ana ochepera chaka chimodzi imachepa.
* **Kwa Banja**
* Limakhala logwirizana.
* Limakhala ndi zinthu zofunikira pamoyo wamunthu.
* Banja limakhala ndi mwayi wophunzira.
* **Kwa Mudzi/Dera**
* Anthu amakhala a thanzi.
* Malo odyetsera ziweto amapezeka.
* Malo olima amapezeka.
* Malo osangalalapo amapezeka.
* Zipatala ndi ma sukulu zimakwanira.
* Za chilengedwe sizionongedwa.
* **Kwa Dziko**
* Ana obadwa monyentchera siamachuluka padziko
* Limakhala ndi anthu athanzi.
* Limakhala ndi anthu ophunzira.
* Limakhala ndi chuma chokwanira.
* Boma limapeza mpata wokonzekera ndi kuchulukitsa ntchito za umoyo, maphunziro ndi ntchito zina za boma.

**Ovutika Ndi Uchembere Ngati Sakutsatira Malangizo A Za Kulera**

* Atsikana ochepera zaka makumi awiri.
* Amayi amene amabereka atapyola makumi atatu ndi mphambu zisanu zakubadwa.
* Kubereka pafupipafupi pasanathe zaka zitatu.
* Amene abereka ana anayi kapena kupitirira apo.
* Amayi amene ali ndi matenda osagwirizana ndi uchembere monga kukwera magazi, nthenda ya mtima,kachirombo ka HIV/EDZI.

**AMAYI AMENE AMAKUMANA NDI MAVUTO NGATI SAKULERA**

***Mai Wobereka Asanakhwime (Wochepera Zaka Makumi Awiri Zobadwa)***

* **Kwa Mayi**

Mavuto awa amachitika chifukwa chakuti mayiyu akadakula:

mavutowa ndi awa:

* Kuthamanga magazi nthawi imene ali ndi mimba
* Kulephera kubereka/kuchira
* Kuvulala pobereka
* Atha kumwalira
* **Kwa Mwana**
* Atha kubadwa wakufa
* Atha kubadwa masiku asanakwanire

*Mai Wobereka Ana Mochedwa Atakalamba (Wa Zaka Zopyolera Makumi Atatu Ndi Mphambu Zisanu)*

* **Kwa Mayi**

Mavutowa amachitika chifukwa chakuti mayiyu wakhwima

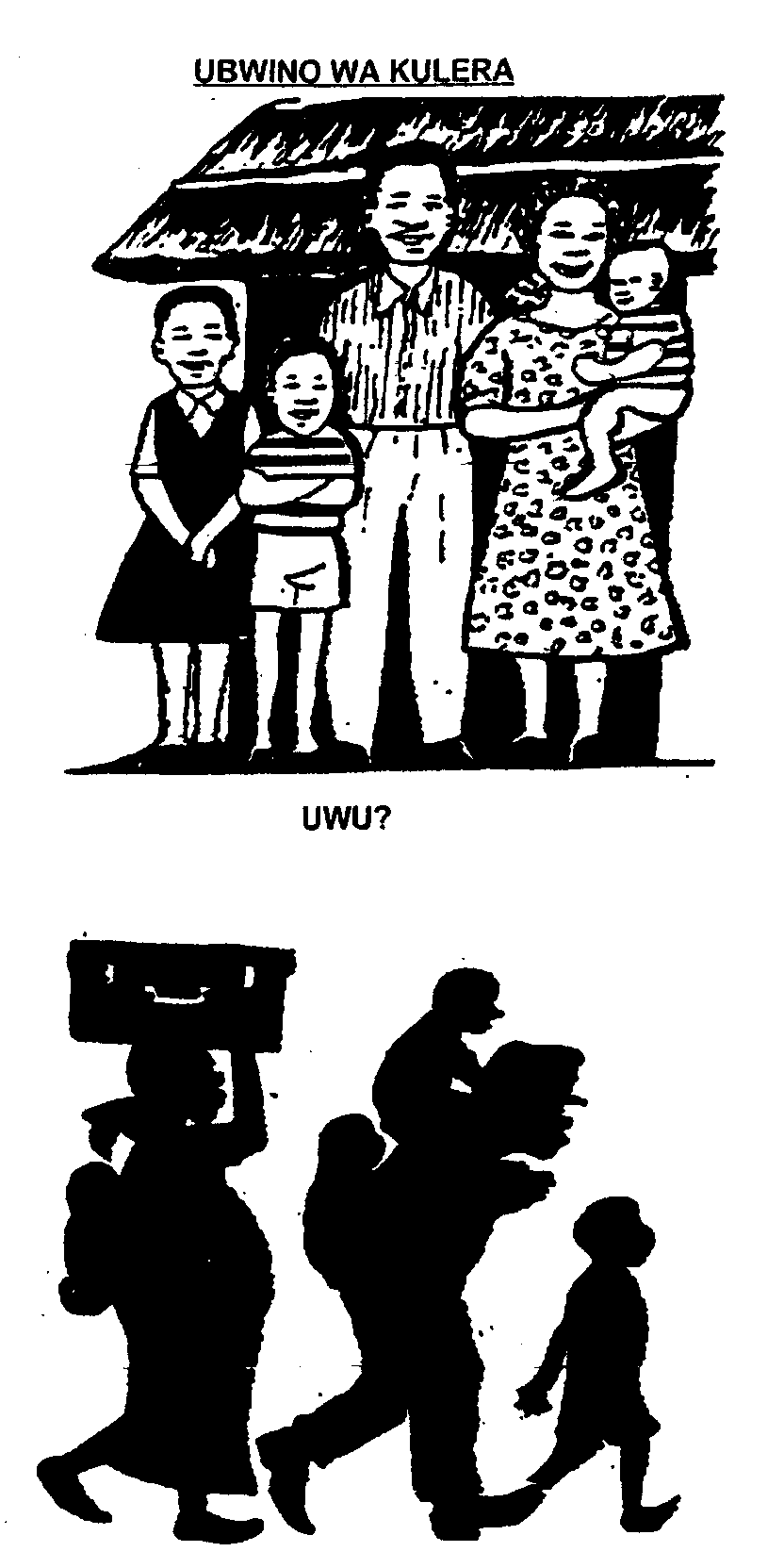
* Kulephera kubereka/kuchira
* Kung’ambika chiberekero
* Kutaya magazi nthawi yoberekera isanakwane (mimba isanapse) kapena atabereka
* Atha kumwalira
* **Kwa Mwana**
* Kumwalira nthawi yobadwa kapena atangobadwa kumene
* Kuchuluka ana amasiye
* Atha kubereka mwana opunduka

***Mai Wobereka Ana Ambiri Ndiponso Pafupi-Pafupi***

* **Kwa Mayi**
* Kutaya magazi asanabereke kapena atangobereka
* Kasamaliridwe ka ana kamachepa
* Amayi ambiri amamwalira ndi uchembere
* Chiberekero chimang'ambika
* **Kwa Mwana**
* Amagwidwa ndi matenda opatsirana (monga chikuku) kawirikawiri chifukwa cha kuchulukana
* Salandira chikondi chokwanira kuchokera ku makolo
* **Ku Banja**
* Matenda opatsirana amachuluka
* Umphawi
* Kusowa chakudya.

**MALANGIZO KWA APHUNZITSI**

1. Funsani ophunzira m'modzi asankhe chithunzi chimene chikusonyeza ubwino wa kulera.
2. Tsenderani pokambirana ndi gulu lonse chifukwa chimene chithunzichi chikusonyeza ubwino wa kulera.

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**MUTU 5**

**MALAMULO A ZAKULERA M'MALAWI**

***Nthawi Yophunzitsira: Mphindi 120 (Ola Limodzi ndi Mphindi 30)***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli, ophunzira onse ayenera**

1. Kutanthauzira mau akuti Malamulo a za kulera m'Malawi.
2. Kufotokoza chifukwa chimene malamulo a za kulera anakhazikitsidwila
3. Kufotokoza ntchito ya malamulo a za kulera m'Malawi.
4. Kufotokoza zigawo za malamulo a kulera.
5. Kukambirana udindo wa mlangizi wotengera kulera khomo ndi khomo.
6. Kufotokoza kufunika kwa malamulo a za kulera popititsa mtsogolo ntchito za kulera.

**KONTENTI**

**Tanthauzo La Mau Akuti Malamulo A Za Kulera m'Malawi**

Awa ndi malamulo ochokera ku Boma owongolera kagwiridwe ka ntchito ya kulera m'Malawi.

**Chifukwa chimene malamulo akulera anakhazikitsidwira**

Kuchotsa zopinga zomwe zimalepheretsa anthu kugwiritsa ntchito njira za makono zolerera ndi cholinga chokweza chiwerengero cha anthu omwe akugwiritsa ntchito njirazi.

**Ntchito ya malamulo a zakulera**

Kuthandiza onse ogwira ntchito za kulera kuwonjezerapo alangizi otengera kulera khomo ndi khomo kuti agwire bwino ntchito yakulera.

**Zigawo za malamulo a kulera**

* Malamulo atengedwa m'buku la malamulo a za kulera lolembedwa ndi Unduna wa za Umoyo mogwirizana ndi bungwe loyang'anira za Umoyo wabwino wa m'Banja m'Malawi.
* Pologalamu ya kulera m'Malawi muno yakhala ikugwira ntchito kuchokera mchaka cha 1982. Kuchokera nthawi imeneyi zambiri zokhudzana ndi kulera zaphunziridwa kuchokera m'Malawi muno ndi mayiko oyandikana nafe. Potsatira izi malamulo awa anakhazikitsidwa kuti agwiritsidwe ntchito ndi onse okhudzidwa ndi ntchito ya kulerayi.

**GAWO 1**

Boma la Malawi pozindikira kuopsa kwa imfa ndi matenda a amayi ndi ana amene amabwera ngati mai achembeza pafupipafupi, kwambiri, mochedwa kapena adakali wa nthete, lalamula kuti njira za makono zolerera ziperekedwe kwa aliyense wozisowa amene ali wamsinkhu wobereka mopanda tsankho. Izi zichitike pokhapokha pamene wolerayo walandira uphungu okwanira ndipo alibe choletsa chiri chonse.

**Kufotokozera koyamba**

Kuchembeza pafupipafupi kutanthauza kutumbiza mwana wina asanathe zaka zitatu. Uchembere uwu umapangitsa kuti mai amuletse mwana kuyamwa msanga ndiye mwanayo amagwidwa ndi utumbidwa. Mayiyu sakhala ndi nthawi yokwanira yopumira pakati pa uchembere wotsatana chomwechi. Izi zimapangitsa kuti mai abereke mwana wang'ono; kuphumula (kutaya magazi kwambiri) akachira ndi kuchepa magazi.

**Kufotokozera kwachiwiri**

Onse amene ali a msinkhu wobereka ndi awa:

- Anyamata ndi atsikana wotha msinkhu amene ali pasukulu kapena sali pa sukulu

- Amayi kapena abambo a m'banja

- Amayi kapena abambo a m'mphala

- Amayi kapena abambo a masiye

- Amayi ndi abambo osudzulidwa

**GAWO 2**

Ntchito yakulera m'Malawi idzagwiridwa ndi cholinga choti itukule umoyo wabwino wa anthu onse ndiponso maanja ndi kupititsa patsogolo chitukuko ndi chuma cha dziko.

**GAWO 3**

A Unduna wa Zaumoyo mogwirizana ndi mabungwe ndi ma unduna wogwira ntchito za kulera adzakonza ndondomeko, kupititsa patsogolo, kulunzanitsa, kuthandiza kuyang'anira ndi kuchita kaundula wa ntchito yakulera muno m'Malawi.

**GAWO 4**

Anthu onse a msinkhu wobereka ali ndi ufulu wachibadidwe wosankha nambala ya ana ndi nthawi yomwe akufuna kubereka mosaganizira kuti ali pabanja kapena ai malinga alandira uphungu wokwanira.

**GAWO 5**

Popeza kuti kutenga mimba mtsikana asanakwane zaka makumi awiri kumayika moyo wake pa chiswe, anthu ndi maanja onse azilimbikitsidwa kusatenga mimba mpaka zaka izi zitakwana.

**Kufotokozera**

Atsikana ochepera zaka makumi awiri amakhala asanakhwime m'thupi ndi m'maganizo, kotero kutenga mimba nthawi imeneyi, atsikanawa, amakomana ndi zovuta zambiri nthawi yobereka monga; kuchepa kwa njira ndi kuvulala. Atsikanawa amabereka ana osakwanira masiku nthawi zambiri. Amakumananso ndi mavuto aumphawi.

NB: Mphunzitsi afunse ophunzira kuti awonjezere mavuto ena amene atsikana amakumana nawo.

**GAWO 6**

Popeza thanzi la mai, mwana, ndiponso mtendere wam'banja umayikidwa pa chiswe ngati mai atumbiza zisanathe zaka zitatu, abambo, amayi ndi maanja azilimbikitsidwa kulera ana awo mosachepera zaka zitatu.

**GAWO 7**

Popeza kutenga mimba mai atapyola zaka makumi atatu ndi mphambu zisanu (35) kumaika moyo wake pa chiswe, anthu ndi maanja azilimbikitsidwa kuti asatenge mimba akapyola msinkhu umenewu.

**Kufotokozera**

Mavuto okhudzana ndi ukalamba monga kuthamanga magazi amakula kwambiri mai akakhala ndi mimba. Amayi a msinkhu umenewu amapeza mavuto a kuchepa kwa njira pobereka chifukwa chakukhwima kwa mafupa awo komanso akhoza kubereka mwana wolumala.

NB: Mphunzitsi afunse ophunzira kuti awonjezere kutchula zovuta zina zomwe iwo amazidziwa.

**GAWO 8**

Popeza umoyo wa mai, mwana ndi umoyo wabwino wam'banja umayikidwa pa chiswe uchembere ukapitirira unayi, abambo, amayi ndi maanja azilimbikitsidwa kukhala ndi maanja ang'ono kuchokera pomwe atangokwatirana.

**Kufotokozera**

Chiberekero chimalera ngati mai wabereka kwambiri. Izi zimadzetsa mavuto monga kuphumula pochira ndi kung'ambika kwa chiberekero, kubereka mwana wosakwana masiku komanso kubereka ana onyenchera.

NB: Mphunzitsi afunse ophunzira kuti awonjezere kutchula zovuta zina zomwe amazidziwa.

**GAWO 9**

Amayi kapena abambo a msinkhu wobereka aziloledwa kugwiritsa ntchito njira zolerera ngakhale palibe chilolezo chochokera kwa makolo, abale kapena mzawo wa banja. Ngakhale izi ziri choncho, kukambirana kwa pakati pa achibale, makolo ndi anzawo a banja kulimbikitsidwe pa nkhani yakulerayi.

**GAWO 10**

Poona mavuto amene anyamata ndi atsikana akukumana nawo okhudza uchembere ndi matenda opatsirana pogonana ndinso matenda a Edzi m'Malawi, nkofunika kuti maphunziro a za m'banja aziphunzitsidwa kuyambira m'sukulu za pulaimale ndikupitirira mpaka konse kuli maphunziro. Komanso tionetsetse kuti ana omwe sali pa sukulu apatsidwe mwai wamaphunzirowo.

**GAWO 11**

Malamulo a za kulera ndi ndondomeko zogwirira ntchito za kulera zizilembedwa ndi kufalitsidwa ndi Unduna wa za Umoyo ndi Chiwerengelo cha Anthu mogwirizana ndi Bungwe Loyang'anira za Umoyo Wabwino Wam'banja m'Malawi. Makalatawa azitumizidwa kwa onse omwe akugwira nawo ntchito za kulera.

**GAWO 12**

Zipatala zonse zaboma, za pulayiveti, za makampani ndi za mishoni zimene zikugwira ntchito za kulera zizitsogoleredwa pa ntchitoyi ndi malamulo amene azikhazikitsidwa ndi boma la Malawi.

**GAWO 13**

Ma unduna onse a boma ndi mabungwe onse azilimbikitsidwa kugwira nawo ntchito za kulera.

**GAWO 14**

Chithandizo chakulera m'Malawi muno chiziperekedwa m'malo momwe mukuchitikira sikelo ya ana ndi amayi. Zithandizo zomwe ziziperekedwa m'malowa ndi izi: kudziwitsa anthuwa, kuphunzitsa ndi kukambirana payekhapayekha za matenda ena ndi ena. Kupereka njira zolerera zosiyanasiyana, sikelo ya amayi, chisamaliro nthawi yachikuta, chithandizo cha uchumba, uphungu, kuyendera ndi kutumiza komanso kuyang'anira ndi kusanthula ntchitoyi.

**GAWO 15**

Onse ofuna njira zolerera akale ndi atsopano omwe azilandira zithandizo izi: kudziwitsidwa, kuphunzitsidwa ndi uphungu wa uchembere, zakulera, zovuta zina zonse zanthupi zokhudza ziwalo zoberekera, zachinamwali, matenda opatsirana pogonana, Edzi ndi kuwopsya kwa mtayo ndi zina zotero.

**GAWO 16**

Anthu onse amene azigwira ntchito ya kulera akhale okonzeka ndi ophunzitsidwa bwino pantchito yawo imene apatsidwa. Ayang'aniridwe bwino ndipo ayenera kukumbutsidwa ndi kuphunzitsidwa zatsopano zokhudza kulera pafupipafupi.

**GAWO 17**

Njira zina monga makondomu azipezeka mzipatala, malo ogwirira ntchito ndi m'malo ena monga m'mabala, mumsika, masitolo ndi ena otero.

**GAWO 18**

Chithandizo chakulera chiziperekedwa mzipatala zomwe ziri ndi zipangizo, ndi anthu ogwira ntchito okwanira tsiku liri lonse komanso kudzera kwa alangizi otengera kulera khomo ndi khomo.

**GAWO 19**

Zipangizo zokwanira zakulera zizipezeka mzipatala zonse kudzela ku Bungwe la Central Medical Stores ndi malo ena ovomerezeka ndi Unduna wa za Umoyo .

**GAWO 20**

Chithandizo cha kulera chiziperekedwa pa malo pamene pali chinsinsi ndi ulemu wokwanira.

**GAWO 21**

Popereka chithandizo cholera anthu olumala ndi amisala ayenera kuthandizidwa mwa padera.

**GAWO 22**

Kuyang'anira ndi kuyesa m'mene ntchito ya kulera yagwiridwira kuzichitika pafupi-pafupi potsata m'mene malamulowa alembedwera.

**GAWO 23**

Anthu ogwira ntchito zolera a boma, mishoni, pulaiveti mabungwe ndi makampani azilemba malekodi a ntchito zakulera pa mafomu ovomorezeka ndi boma zomwe zimathandiza pokonza ndondomeko yogwirira nchitoyi.

**GAWO 24**

Wolera aliyense amene ali ndi zovuta zokhudzana ndi kulera aziwonedwa tsiku liri lonse osayembekeza tsiku limene anapatsidwa kuti adzawonedwenso.

**GAWO 25**

**Wolera aliyense ali ndi ufulu wa:**

UTHENGA : Kuphunzira za ubwino ndi kupezeka kwa njira za zolerera.

KUSANKHA : Kutsimikiza mwaufulu ngati akufuna kulera ndi kusankha njira yomwe angakonde kutsata.

MALO OYENERA : Kukhala pa malo oyenera polandira malangizo kapena chithandizo cha kulera.

ULEMU : Kuthandizidwa mwaulemu, mosamala ndi mwachidwi.

KUPITIRIZA : Kulandira chithandizo cha njira kapena zipangizo za kulera mosalekeza kwa kanthawi monga momwe mungafunikire.

MWAYI WOPEZA : Kupeza chithandizo mosaganizira kuti mwamuna

CHITHANDIZO kapena mkazi, chikhulupiriro cha chipembedzo, khungu, kuti ndi wa m'banja kapena ayi kapena amachokera kuti.

CHITETEZO : Kutha kutsata njira yolerera yoteteza umoyo wabwino wa munthu komanso yothandiza.

CHINSINSI : Kutsimikiziridwa kuti nkhani iri yonse yokhudza munthu izikhala ya chinsinsi.

KUMASUKA : Kukhala womasuka polandira chithandizo

MAGANIZO : Kupereka maganizo pa chithandizo chomwe

chikuperekedwa.

**Udindo Wa Mlangizi Wotengera Kulera Khomo Ndi Khomo.**

* Mlangizi wotengera kulera khomo ndi khomo akhale ndi udindo uwu pa malamulo akulera:

- kutsatira malamulowa pamene akuthandiza anthu ogwiritsa ntchito njira zolerera ku chipatala kapena m'dera lake.

- kukhala chitsanzo potsatira zolembedwa m'malamulowa.

**Kufunika Kwa Malamulo Akulera Popititsa Mtsogolo Ntchito Yakulerayi**

* Mabungwe onse ogwira ntchito za kulera amachita zofanana.
* Amachepetsa zopinga zomwe zimalepheretsa anthu kugwiritsa ntchito njira zolerera.
* Amachulukitsa mwayi woti anthu agwiritse ntchito njira zolerera.

**MUTU 6**

**ZOSINTHIKA MTHUPI MWA ACHINYAMATA NDI ZOCHITIKA AKAMAKULA**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo za Tsatanetsatane**

Pomaliza pa phunziroli ophunzira onse ayenera:

Kutchula zosinthika zimene zimaoneka mwa achinyamata ndi zochitika akamakula.

**KONTENTI**

**Gawo Loyamba**

Gawani gululo, amuna paokha akazinso paokha. Uzani atsikana kuti alembe zosinthika zimene akudziwa kuti zimachitika mwa anyamata pa nthawi yakutha msinkhu. Funsani anyamata kuti alembe zosinthika zimene zimachitika mwa atsikana pa nthawi yakutha nsinkhu. Ntchitoyi ichitike kwa mphindi khumi.

**Gawo Lachiwiri**

Tsopano funsani atsikana kuti alembe zozinthika zimene zimachitika mwa atsikanawo akatha msinkhu. Funsani anyamata kuti alembe zosinthika zimene zimachitika mwa anyamatawo pa nthawi yakutha msikhu. Uzani gululo kuti likonzekere kuuzana zomwe alembazo. Ntchitoyi ichitike kwa mphindi khumi.

**Gawo Lachitatu**

Nthawi ikakwana, funsani achinyamata kuti auzane zomwe analembazo. Gwiritsani ntchito pepala la “transparency” pofuna kuwadziwitsa mfundo zina zimene sizinatchulidwe monga zili patsamba …

Uzani achinyamata kuti pamene thupi lisinthika nthawi yotha msinkhu palinso zosinthika zina zambiri zokhudza maganizo ndi chisamaliro cha moyo zomwezimachitika. Funsani ophunzira kuti apereke zitsanzo za zosinthikazi, monga momwe anaziozionera iwo ndipo zilembedwe papepala. Onetsetsani kuti mwaikapo izi:

**Zosinthika Za M’thupi Zomwe Zimachitika Pakutha Msinkhu**

*Anyamata*

Kukula kwa machende ndi mbolo

Kumera tsitsi la kukhwapa mkhwapa ndi ndevu ndi kumaliseche

Kutulutsa umuna koyamba

Kutulutsa umuna kumaloto

Kukhala ndi nyonga

Kutalika ndi kunenepa

Kutuluka ziphuphu

Kusintha kwa mawu

*Atsikana*

Kumera kwa tsitsi la kumaliseche,

Kuyamba kwa msambo

Kukula mabere,

Kutalika msinkhu

Kukula thupi

Kutuluka ziphuphu

Thupi limayamba kuoneka ngati la munthu wamkulu

Kutuluka ziphuphu

**Gawo Lachinayi**

Tsirizani gawoli pogwiritsa ntchito Mfundo za Zokambirana

**Mfundo Zokambirana**

1. Kodi anyamata onse amadziwa zosinthika zimene zimachitika mwa atsikana pa nthawi yakutha msinkhu?
2. Kodi atsikana onse amadziwa zosinthika zimene zimachitika mwa anyamat pa nthawi yakutha nsinkhu?
3. Ndi zosinthika ziti zomwe ndi zovuta kuzizolowera kwa anyamata/atsikana?

**Zosinthika M’maganizo Ndi M’zochitachita**

* Kudziimila paokha mosadalira makolo ndi anthu ena akuluakulu. Izi zingathe kuchitika ngati tikumagwira ntchito kapena kuthandiza makolo kugwira ntchito ndi cholinga chopeza ndalama.
* Kudzivomera kuti ndiwe munthu wofunikira ndipo woyenera kukondedwa.
* Kuchita zinthu molingana ndi zomwe anzako akuchita (izi zitanthauza kuti zikhulupiriro ndi khalidwe zingasinthe nthawi yotha msinkhu poyesetsa kuchita zogwirizana ndi zomwe achinyamata amakonda.
* Kuyamba kuchita zomwe akuluakulu amachita; (izi zitanthauza kuvomereza ndi kuchita zinthu ngati anthu akuluakulu).
* Kuthetsa mavuto moyenerera. Osatenga mbali pa mkangano ndiponso kupempha akatswiri kuti athandizepo.
* Kusintha, kukhala munthu woganiza zotheka zokha zokha ndi kuyamba kuganiza za zosachitika ndi kutha kuchita zinthu moganizira zotsatira zake.
* Kuphunzira njira zoyenera zothetsera chilakolako chofuna kugonana monga kusamba madzi ozizira kudzithowa.

**MUTU 7**

**ZOFUNIKA PAMOYO WA ACHIMANYAMATA**

***Nthawi Yophunzitsira: Mphindi 30***

**Mfundo za Tsatanetsatane**

**Pomaliza paphunziroli ophunzira onse ayenera:**

1. Kutanthauza mau akuti chakudya choyenera.
2. Kutchula chifukwa chimene achinyamata amafunikira chakudya chabwino.
3. Kufotokoza malangizo kwa achinyamata pa chakudya choyenera.
4. Kufotokoza zilakolako zathupi zofuna kugonana.
5. Kufotokoza chisamaliro cha umoyo wa ubereki ndi uchembere wabwino.
6. Kufotokoza zowakanikitsa achinyamata kugwiritsa ntchito malo a chisamaliro cha uchembere ndi ubereki wabwino

**KONTENTI**

**CHAKUDYA CHOYENERA.**

**Kutanthauza kwa mau akuti chakudya choyenerera**

Ichi ndi chakudya chosakanizasakaniza chimene munthu amalandira mthupi mwake kuti chimuthandize pokula thupi, nzeru ndi zochitika zake.

**Chifukwa chimene Achinyamata amafunikira Chakudya Choyenera**

1. Achinyamata akamayandikira kutha msinkhu, ziwalo za thupi lawo zimakula mwamsanga, choncho kuti ziwalo zikule bwino amafunika zakudya zoyenera komanso zokwanira.
2. Achinyamata amakonda kuchita masewera komanso kugwira ntchito kwambiri nthawi zambiri mosazindikira. Izi zimapangitsa iwowa kuti agwiritse ntchito mphamvu zambiri za mthupi mwawo. Choncho iwowa amafunika kudya zakudya zoyenera komanso mokwanira kuti azibwezera mphamvu.
3. Nthawi zambiri achinyamata amakonda kukhala pamodzi monga kusukulu, malo okambirana za Mulungu komanso zokhudza za achinyamata. Ena mwa achinyamata amakhala ali ndi matenda opatsirana osiyanasiyana ndipo amatha kupatsira anzawo. Choncho achinyamata amayenera kudya zakudya zoyenera kuti ziwateteze kumatenda komanso ngati apatsirana kale, achire msanga.

**Malangizo kwa Achinyamata pa Chakudya Choyenera**

- Zakudya zomanga thupi, monga nyama, nsomba ndi nyemba zosiyanasiyana. Zakudya za mtundu uwu zimathandiza kumanga thupi makamaka pa nthawi yomwe achinyamata akuyandikira kutha msinkhu. Zimathandizanso kuchiritsa msanga zilonda pomwe achinyamata avulala kapena ngati ali ndi nthenda iri yonse yomwe yawononga khungu. Zakudyanso zimathandiza kuwonjezera magazi.

- Zakudya zopatsa mphamvu.

- Zakudya zoteteza ku matenda ndi kuwonjezera magazi.

- Zakudyazi zimayenera kudyedwa mosakanizasakaniza popeza palibe gulu loposa linzake maka kwa achinyamata.

**ZILAKOLAKO ZA THUPI ZOKHUDZA KUGONANA**

Zilakolako zokhudza kugonana ndi zofuna za thupi zimene zimakwaniritsidwa munjira yogonana. Achinyamata akamakula ziwalo za thupi lawo zoberekera zimakulanso. Chifukwa cha zochitika za m’thupi mwawo ndi kukula kwa ziwaloku, achinyamatawa amayamba kukhala ndi chilakolako chofuna kugonana. Achinyamatawa amayamba kufunafuna njira zokwaniritsa chilakolakochi. Izi zimachitika kwa wachinyamata aliyense. Uku sikutanthauza kuti achinyamata ayambe kugonana, chifukwa kugonana pa nthawi imeneyi kuli ndi zotsatira zake zoopsa. Achinyamata ayenera kudziwa kuti pali njira zambiri zokwanitsira chilakolakochi. Njirazi ndi monga:

- Kuzitangwanikitsa ndi masewera olimbitsa thupi.

- Kukambirana m’magulu a za Mulungu.

- Kusamba madzi ozizira.

- Kupewa malo obisika amene angakupangitseni kuti mugonane.

- Kupukusa.

- Kuchepetsa maganizo a zogonana.

Njira zopewerazi zikalephereka, achinyamata angathe kugwiritsa ntchito kondomu chifukwa kugonana opanda chitetezo kumatha kugwetsa m’mavuto monga:

- Mimba yotenga usanakhwime.

- Kutenga matenda opatsirana pogonana.

- imfa imene.

**CHISAMALIRO CHA UMOYO WA UBEREKI NDI UCHEMBERE WABWINO**

Chisamalirochi chimapezeka ku malo osiyanasiyana komwe achinyamata angathe kuchipeza, uku ndi ku:

**Midzi**

* Kumidzi kumapezeka malangizo ndi njira zolera zoperekedwa ndi alangizi

otengera kulera khomo ndi khomo.

* Malangizo ndi chithandizo cha uchembere wabwino woperekedwa ndi azamba a kumidzi.
* Malangizo a ukhondo, kasamalidwe ka ana ndi malangizo ena a zaumoyo

amene amaperekedwa ndi alangizi a za umoyo.

**Chipatala Chaching’ono**

Chipatala chaching’ono ndi chomwe ogwira ntchito ake amasalira anthu ozungulira deralo ndipo matenda akakula amawatumiza ku chipatala cha pa boma.

Uku kumapezeka chithandizo monga ichi : Mankhwala ndi malangizo a matenda opatsirana pogonana, mavuto ocheperapo okhudza kubereka, njira zolelera zosalira opaleshoni, kusamalira azimayi oyembekezera, kubereketsa ndi malangizo a Edzi ndi kutumiza kuchipatala cha boma omwe ali ndi matenda akulu.

**Chipatala cha pa Boma**

Chithandizo chonse chimene chimapezeka pa chipatala chaching’ono, chimapezekanso pa chipatala cha pa Boma. Kuwonjezera apa, amachita ma opaleshoni ndi kupereka njira zolerera.

**Chipatala Chachikulu**

Izi ndi zipatala zophunzitsirako madokotala komanso kumene a kuchipatala cha pa Boma amatumizako matenda akulu amene sangathandizike pa chipatalachi. Ukunso kumakhala akatswiri a ntchito za chipatala.

Achinyamata ayenera kudziwa kuti sionse amene akanika kuchiritsidwa pa chipatala chiri chonse chomwe tatchulachi ayenera kutumizidwa ku chipatala chachikulu.

**Zowakanikitsa Achinyamata Kugwiritsa Ntchito Malo A Chisamaliro Cha Uchembere Ndi Ubereki Wabwino**

***Opereka Chithandizo***

- Kusadziwa mavuto amene achinyamata amakomana nawo

- Kusafuna kuti achinyamata azilandira chithandizochi chifukwa sanakule

- Zikhulupiriro za chipembedzo

- Umunthu wathu ngati a Malawi

- Kusadziwa m’mene angawathandizire achinyamata

- Kusakwanira kwa ogwira ntchitoyi

- Kusadziwa za malamulo okhudzana ndi kupereka chithandizo kwa achinyamata

- Kutalika kumalo kolandirlra chithandizochi

***Achinyamata Eni Ake***

- Mantha ndi opereka chithandizochi

- Kusadziwa za ufulu wao pa chithandizochi

- Manyazi

- Kulibe chinsinsi kwa opereka chithandizochi

- Zikhulupiriro

- Kuopa kunenedwa ndi akuluakulu komanso anzawo

**NTCHITO ZOTI APEZE NAZO NDALAMA**

Izi ndi ntchito zomwe achinyamata amagwira kuti apeze ndalama zoti azidzithandizira. Izinso zimathandiza achinyamata kuti apeze njira yoyenera yodzithandizira ndi kupewa kugonana, kuba kuti apeze ndalama. Ndalama zoyambira ntchitoyi akhoza kukongola ku mabungwe okongoza ndalamaa m’dera lawo.

**MAPHUNZIRO**

Maphunziro amathandiza munthu kuti azikhala oganiza mwanzeru pa chiri chonse. Ndi kofunika kuti m’magulu athu a achinyamata ngati muli ena amene sanaphunzire, tiyenera kuwathandiza m’maganizo kuti apite ku sukulu tisagwe ulesi kuti pali anthu ena ophunzira amene akusowa ntchito.

**MUTU 8**

**MAVUTO AMENE ACHINYAMATA AMAKUMANA NAWO**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauza mau akuti mabvuto amene achinyamata amakumana nawo
2. Kufotokoza mabvuto amene achinyamata amakumana nawo

**KONTENTI**

MAVUTO AMENE ACHINYAMATA AMAKUMANA NAWO

**Tanthauzo La Mau Akuti Mabvuto Amene Achinyamata Amakumana Nawo**

Izi ndi zochitika kapena zinthu zimene achinyamata amakumana nazo pa nthawi imene akukula.

**Kufotokoza Mabvuto Amene Achinyamata Amakumana Nawo**

***Kutenga Matenda opatsilana pogonana***

Ndi matenda amene munthu angawatenge pogonana mosadziteteza ndi munthu amene ali ndi matendawa. Mwachitsanzo Chindoko, Chizonono ndi HIV/Edzi

***Kutenga Mimba Asanakhwime***

M’Malawi muno munthu amayembekezeredwa kukhala wokhwima akafika zaka makumi awiri. Msungwana akafika zaka makumi awiri amakhala kuti ziwalo zake zoberekera zakhwima komanso maganizo ake oti angathe kuyang’anira mwana wake amakhala atakhwima.

**Kuopsa kwa kutenga mimba usanakhwime**

1. Umatha kuvulala pobereka mwana
2. Kulumala ukabereka
3. Kubereka mwana wakufa
4. Kubereka mwana osakhwima
5. Umatha kufa kumene
6. Mwana amadzakhala wosakula bwino chifukwa cha kuperewera koyang’anir mwana, mwanayu amathanso kufa kumene
7. Kudana ndi makolo
8. Kuchititsa makolo manyazi
9. Kudukiza kapena kusiya kumene sukulu
10. Anzako amakusala chifukwa umakhala kholo komanso chifukwa cha “khalidwe loipa lotenga mimba”
11. Umatha kuchotsa mimba ndi kupeza mavuto osiyanasiyana okhudzana ndi kuchotsa mimba
12. Kudzichepetsera mwayi wodzapeza ntchito
13. Kuumirizidwa kukwatiwa
14. Kuumirizidwa kuyamba uhule

***Kuchotsa Mimba***

Kuchotsa mimba ndi kuchita upandu wina uliwonse woletsera mimba kuti isapitirire ndipo ichoke.

Zifukwa zochotsera mimba

* Kuopa makolo
* Kuopa kusekedwa ndi anzathu
* Kukanidwa ndi mwini wapathupipo
* Kuopa kuchititsa makolo manyazi
* Kufuna kupitiriza sukulu
* Kuopa kusanduka kholo
* Kuopa kusamalira mwana
* Kuopa a kutchalitchi

***Kuopsa Kochotsa Mimba***

* Kulumala
* Kukhala osadzaberekanso
* Ukhoza kutaya magazi ambiri zomwe zingayambitse matenda a kusowa

magazi

* Kukhala okhumudwa ndi kukhudzidwa nthawi zonse akakumbukira za cholakwikacho
* Kukanidwa ndi kunyozedwa ndi makolo ndi achibale ena ndi anzako omwe.
* Ukhoza kufa
* Ukhoza kuimbidwa mlandu ndi boma ndi tchalitchi

***Umphawi***

Umphawi ndi kusowa kwa zinthu zofunika pa umoyo wa munthu. Izi zimawagwetsa m’mabvuto monga kutenga mimba asanakhwime, kutenga matenda opatsirana pogonana ndi HIV/Edzi.

Zotsatira za Umphawi

* Achinyamata amayamba kugonana ndi a chidyamakanda kuti awapatse ndalama kapena chithandizo china.

Kathetsedwe ka Umphawi

* Kulimbikira sukulu

Kupeza ntchito zoti angathe kupezera ndalama monga kulima madimba, kukongola ndalama ndi kuyamba bizinesi.

***Kusowa Kwa Ntchito***

Achinyamata amagwa m’mabvuto osiyanasiyana chifukwa chosowa ntchito. Ntchito imathandiza munthu kupeza ndalama zodzithandizira pa moyo wake wa tsiku ndi tsiku. Ntchitonso imamutanganidwitsa munthu kuti asamapeze nthawi yochitira zinthu zosayenera monga kusuta chamba ndi kugwiritsa ntchito mankhwala osokoneza bongo komanso kuchita za chiwerewere. Ntchito siyolembedwa yokha ai komanso munthu akhoza kudzilemba yekha kupyolera mubizinesi kapena kugwira ntchito modzipereka imene pachingerezi amatchula kuti volontiya.

Zifukwa Zosowera Ntchito

* Kuchulukana
* Kusapita patali ndi maphunziro
* Ulesi

***Kusapatsidwa Mbali Pakupereka Maganizo***

Ngakhale malamulo a dziko lino amapereka ufulu kwa achinyamata kuti azitengapo mbali pa kayendetsedwa ka dziko, achinyamatawa nthawi zambiri sapatsidwa mpata kutengapo mbali ngakhale pazinthu zokhudza iwo. Nthawi zambiri mapologalamu oteteza miyoyo ya achinyamata amapangidwa popanda kuwafunsa eni ake umo angakondere mmene zinthu zingakhalire. Izi zimapangitsa achinyamatawa kuti pologalamuyo asachite nayo chidwi kapena kutenga mbali kumene. Ndi udindo wa achinyamata kuyankhulapo za kukhosi kwawo ngati izi zachitika, ndikuwonjezerapo maganizo awo. Dziwani kuti pologalamu iriyonse imayendetsedwa ndi chuma ndipo ngati sitipindula nayo ndiye kuti chumacho “Changopita Mmadzi”.

***Kusapita Patali Ndi Maphunziro***

Chifukwa chosapita patali ndi maphunziro, achinyamata ambiri amagwa mmavuto chifukwa cha umbuli ndi umphawi amatha kutenga matenda opatsirana pogonana ndi HIV/Edzi komanso kutenga mimba asanakhwime.

***Kuumirizidwa Kuchita Zinthu Chifukwa cha Anzathu***

Achinyamata ambiri akugwa m’mavuto chifukwa chotengera khalidwe loipa la anzawo. Pali achinyamata amene apezeka atagwa m’mavuto opereka kapena kutenga mimba, matenda opatsirana pogonana ndi HIV/Edzi chifukwa chotengera khalidwe loipa la anzawo. Choncho ndi kofunika kuti wachinyamata aliyense ayenera kudziwa makhalidwe amene angathe kumugwetsa m’mavuto kuti ngati mzawo akuchita khalidwe loipalo, iwo angathe kulipewa komanso kumuthandiza kuti asiye khalidwelo.

***Kusowa Utsogoleri Wochokera Kwa Makolo***

Makolo ena amawalekelera ana awo osawapatsa utsogoleri wa bwino pokonzekera tsogolo lawo. Izi zimachitika chifukwa choti makolowo sadziwa kuti achinyamatawo awatsogolera bwanji, komanso ena chifukwa chonyalanyaza kapena kutanganidwa ndi zinthu zina. Izi zimapangitsa achinyamata kuti asowe njira zenizeni zothandiza moyo wawo. Ndikofunika kuti achinyamata azifunsa mafunso ambiri kwa makolo awo wokhudzana ndi moyo wawo kuti makolowa ayambe kukhala ndi chidwi chomatithandiza pa makhalidwe a moyo wa achinyamatawa.

***Chizolowezi Chogwiritsira Ntchito Fodya ndi Mankhwala Ozunguza Bongo***

Achinyamata ambiri amatha kugwa m’mabvuto a chizolowezi chogwiritsa ntchito mankhwala ozunguza bongo monga mowa kapena fodya. Izi zimachitika nthawi zambiri chifukwa chotsanzira anzawo. Mankhwalawa amawapangitsa kuti asamaganize bwino, kotero kuti amatha kugonana opanda chitetezo china chirichonse, kusiya sukulu, kusalemekeza makolo ndi kuzungulira mutu kumene. Izi zingathe kuwagwetsa m’mavuto monga kutenga mimba asanakhwime, kutenga matenda opatsirana pogonana ndi HIV/Edzi komanso kukhala osaphunzira.

***Kupewa Mankhwala Ozunguza Bongo***

* Kudzitanganidwitsa ndi za tchalitchi
* Kudzitanganidwitsa ndi magulu achinyamata pa masewero olimbitsa thupi
* Kukhala nawo m’magulu a achinyamata ndi kumakambirana m’mene angapititsire moyo wawo patsogolo
* Kupewa umphawi
* Kuleka kucheza ndi osuta chamba.

**MCHITIDWE WOCHITIRANA CHIPONGWE MU NJIRA YA CHIWEREWERE NDI KUZUNZANA PA BANJA**

**Kutanthauzira Mau Akuti Mchitidwe Wochitirana Chipongwe Mu Njira Ya Chiwerewere**.

Makhalidwe ochitirana chipongwe mu njira yachiwerewere ndi ozunzana angachitike m’banja kapena pa ubwenzi. Kupereka mfundo zodziteteza kapena kuyesera kukambirana ndi munthu winayo sikungaletse m’chitidwe wonzunzanawo.

Komabe pali zinthu zina zimene munthu angachite pofuna kuletsa khalidwe lonzunzana. Ganizirani mofulumira ndi kuyesera kumupusitsa wokuvutaniyo (monga zomwe amachita mayi wina wachisungwana ku Malawi amene ananamizira kukhala mwamuna mu nyumba imene amakhala akazi okhaokha. Anthu amene amavutawo anathawa atamva mau achimuna mwadzidzidzi). Ngati muli ndi telefoni, muzisunga nambala ya ku Polisi kapena nambala ya munthu amene mumachezerana naye ku banja lanu pa malo wosavuta kuyipeza. Ndizokhumudwitsa kuti pakali pano ku Malawi kuno kulibe matelefoni a zinthu zadzidzidzi “hotline/emergency” amene munthu ungaimbe pa nthawi imene akusowa chithandizo mwadzidzidzi.

Apolisi atha kugwira ntchito zosiyanasiyana zoteteza pa machitidwe ogwiririra akazi, kuzunzana/kuchitirana nkhanza m’banja, kudzipha, mavuto akudza chifukwa cha mankhwala ozunguza bongo ndi ena. Telefoniyi imagwira ntchito nthawi iliyonse masana ndi usiku (maola 24) ndipo imafika kwa munthu amene angamuthandize amene akusowa chithandizo mwachangu. Nambala ya telefoniyi imapezeka m’buku la manambala a telefoni koyambilira kwa manambala a pa ‘exchange’ iliyonse. Ndibwinonso kuimba wizilo kuti anthu amve kufulumira kudzathandiza.

Agaweni ophunzira m’magulu anayi ndipo pa gulu lililonse perekani pepala la zowerenga la zitsanzo zokhudza mchitidwe wochitirana chipongwe mu njira yachiwerewere ndi kuzunzana m’banja komanso **Pepala la Zowerenga 5.3.**  Perekani chitsanzo chimodzi pa gulu lililonse. Uzani magulu kuti ali ndi nthawi yokwanira mphindi khumi ndi zisanu kuti agwire ntchito imene apatsidwe.

Uzani ophunzira kuti ayerekeze kuti akulangiza munthu amene akutenga mbali yaikulu mu chitsanzo chilichonse. Bwerezani malangizo okhudza ntchito imeneyi.

* Magulu ang’onoang’ono agwire ntchito pa zinthu zenizeni zimene zimachitika pakati pathu. Pa gulu lililonse, munthu wina akuyesetsa kunena mfundo zodzidalira kapena kunena mfundo zoteteza ufulu wake zokhudzana ndi khalidwe loipa lomwe likuchitika koma akusowa chithandizo.
* Yerekezani kuti munthuyo mu chitsanzochi wapempha chithandizo. Unikani chitsanzochi ndi kugwiritsa ntchito **Pepala la Zowerenga 5.4** “zinthu zoyenera kusankha ndi zotsatira zake” kuti mulembe zosankhidwazo ndi zotsatirazo.
* Ganizani momwe mungamulangizire munthuyu ndipo mukhale okonzeka kugawana maganizo anu ndi anzanu.

Magulu akamaliza kugwira ntchito, funsani munthu m’modzi pa gulu lililonse kuti akambe za chitsanzo chao ndi malangizo amene apereka. Kambiranani chitsanzo chilichonse pogwiritsa ntchito “zoyenera kuchita ndi mayankho” ndipo tsirizani zochitikazi pogwiritsa ntchito mfundo za zokambirana.

**Atachita makhalidwe osayenera monga makhalidwe okopa munthu kuti agonane naye, kugonana komwe kungachitikeko sikuti ndi vuto la mwanayo ayi. Wachikulireyo ndi amene ali ndi udindo wodziletsa ndi kusalolera kuti agonane ndi mwanayo.**

**PEPALA LA ZOWERENGA 5.3**

**ZITSANZO ZA MCHITIDWE WOCHITIRANA CHIPONGWE MU NJIRA YA**

**CHIWEREWERE NDI KUZUNZANA M’BANJA**

(Lembani chitsanzo chilichonse pa pepala kapena chulukitsani chitsanzo chilichonse pa makina kuti mugwiritse ntchito mu magulu ang’onoang’ono).

1. Usiku onse Chimwemwe ankamva bambo ake wompeza akumukalipira ndi kumuwomba makofi mlongo wake Mavuto. Bambowo nthawi zonse amamuda Mavuto, koma pamo zanyanya. Ku mapeto a sabata yatha anaona kuti ku nkhope kwa Mavuto kunali mabala ndipo amadabwa kuti chinachitika ndi chiyani, koma amayi ake sananene kanthu pamene anafunsidwa. Pa usiku umenewu panali kukalipa kwambiri ndipo Mavuto anali kufuula ndi kulira. Chimwemwe anali ndi mantha ndiponso sanafune kuti Mavuto avulale. Sanadziwe chochita, anaganiza kuti apeze chithandizo.
2. Maria anayamba kulira pang’onopang’ono pamene bambo wake anatuluka mchipinda chake. Analikumva chimodzimodzi patsikuli ngati momwe amamvera bambo akewo akabwera mchipinda chake ndikumugona ndipo iye amafuna atangofa. Bambo akewo anayamba kuchita zimenezi kuyambira pamene iye anali ndi zaka zisanu ndi zinayi (9). Iye anali kudana nazo ndipo nthawi zonse amamva nyansi bambo akewo akachoka. Bambowo anamuuza kuti iyeyo ndi amene amangitsa kuti iwo azichita zimenezo ndi kuti akamuwuza aliyense, adzamuthamangitsa pa banjapo. Maria anaganiza zowauza mayi wake kapena kuthawa ngakhalenso kudzipha. Koma iye anali wa mantha kuti achite chilichonse kupatula kugona pa bedi pake ndi kunamizira ngati ali mtulo. Anali wosasangalala. Amafuna chithandizo. Kodi achite chiyani?
3. Mtisunge anali kusinkhasinkha munjira yonse pamene anali kupita kwao. Zondi anamukakamiza kuchita naye zachiwerewere chonyambitana/chosetekana ku maliseche koma iye ankamuwuza kuti sankafuna kuchita zimenezo. Zondi anati zomwe zinachitikazo zinalu vuto lake Mtisunge pomamupsopsona kumamugwiragwira ndi kuwutsa chilakolako mwa iye. Zondi anatinso nayenso Mtisungeyo ankafuna kuchita zimenezo ndipo kuonjezera apo inali ntchito yake Mtisunge kumusangalatsa. Kenako iye anasowa chochita ndipo anasiya kulira pamene Zondi anamuwuza kauti ankamukonda iyeyo. Koma Mtisunge analibe chikondi chilichonse. Iye anamva kuwawa mumtima, anaona kuti Zondi anamugwiritsa iye ntchito ngati chida chothetserapo chibaba ndi kumunyengerera kuti azichita naye zinthu zimene iye samafuna. Kodi alipo ankakhulupirira kuti Zondi ankamupangitsa Mtisunge kuchita zimenezi? Zondi amati zomwe zimachitikazo linali vuto la Mtisunge, kodi zimenezi ndi zoona? Mtisunge anafunitsitsa kuyankhula zimenezi kwa munthu wina koma sakanatha kuti awuze mnzake aliyense. Kodi iwo akanamuganizira zotani? Kodi achite chiyani?
4. Chikondi anamvanso phokoso. Anadziwa chimene chinali kuchitika. A Zuze omwe anali anzawo a mayi ake anabwera cha m’ma naini koloko madzulo ndipo anali atamwa kale mowa. Mayi ake a Chikondik anawapatsa a Zuze chakudya komanso mowa wina. Chikondi anapsa mtima pamene anawona mayi ake akuyesetsa kuchita zomusangalatsa munthu wamisalayo. Tsopano kunali pafupifupi pakati pa usiku ndipo Chikondi anadziwa chimene chimachitika. Anadziwa momwe zinachitikira kuti mayi wake ang’ambike mlomo wao ndi kutupa diso. Koma sanadziwe kuti tsopanoli achite chiyani, kupita kukalowa ndi kukaleretsa zomwe zimachitikazo kapena kuwachonderera mayi ake kukacha m’mawa kuti alekane nawo a Zuze. Usiku wokhawo zinthu zinaoneka kuti zinyanya kuposa masiku onse. Chikondi anawadandaulira kwambiri mayi ake. Anaganizira za telefoni ya polise ya zinthu zadzidzidzi “hotline/emergency” imene anawerenga za iyo mu nyizipepala. Kodi apolisiwo angakhale ndi maganizo ena?

**Maganizo a Zoyenera Kuchita ndi Mayankho**

Chitsanzo choyamba: chimwemwe ndi bambo ake womupeza akusowa chithandizo mwansanga monga kukawuza omwe ayandikana nawi nyumba. Bambowo adzakhala wokwiya kwambiri komabe munthu wina angathe kumuthandiza mlongo wakeyo. Vuto limeneli likatha, banjalo lisowa kulangizidwa ndipo mwina kungafunike kuti a mayi a Chimwemwe asiyane ndi bambo ake womupezawo pofuna kuteteza ana awo.

Kukowelera pa nkhani imenei kumakhala kovuta. Koma pali ana ambiri amene ali m’banja m’manja mwa makolo kapena akuluakulu ena omwe ndi ankhanza. Pezani chathandizo mwansanga. Kuitana amene mwayandikana nawo nyumba kapena a polisi kuti aletse mchitidwe wonzunza kungapulumutse moyo.

***Chitsanzo Chachiwiri*: Maria Ndi Bambo Ake**

Maria wagwa mu limodzi mwa mavuto oyipitsitsa mbanja. Bambo ake munthu amene ayenera kumuwerengera pa chitetezo akhala akuchita naye zachiwerewere kuyambira pamene anali mwana. Pakuti zimenezi zachitika nthawi yaitali; Maria atha kuwoneka ngati wakhala akulolera zachiwerewerezi ndipo angakhale wamanyazi kwambirik kumuwuza aliyense. Bambo ake atha kunenanso kuti Maria anali kukonda zomwe iwo amachitazo. Monga bambo ake, ndi chinthu chosayenera/chosaletsedwa ndi lamulo kugonana ndi mwana wao. Iwo akhala akumuwumiriza kugonana naye iye asakufuna, ngakhale kuti sanagwiritse ntchito chida chilichonse kapena mphamvu. Kugonjera ku kugonana kosafunika chifukwa chamantha sikuti ndi kulola ayi. Ili ndi khalidwe lochitirana chipongwe mu njira yachiwerewere ndipo bambowa atha kuimbidwa mlandu.

Maria ayenera kukamba ndi wachibale wokhulupirika kapena mlangizi (phungu) amene angamuwuze kumene angakanene nkhaniyi. Zinthu zingapo zingachitike: Bambo ake a Marika atha kusiya khalidwe loipali pamene ladziwika ndipo iwo adzudzulidwa; atha kupita kundende kapena Maria atha kupita kukakhala ndi munthu wina wachibale kwakanthawi. Kumeneko iye atha kulangizidwa kuti athe kuchotsa mkwiyo ndi manyazi omwe adza chifukwa cha zomwe zakhala zikuchitika ndipo pambuyo pake adzatha kukhalanso bwino monga kale.

Maria sali yekha ayi. Pali ana ambiri amene amachitidwa chipongwe mu njira yachiwerewere, nthawi zambiri ndi kholo kapena ndi munthu wina wa m’banja momwemo. Popanda chithandizo ndi ulangizi/uphungu, ngakhale khalidweli litatha, anawo amapezeka atakodwa mu makhalidwe oyipa monga uhule, kumwa mowa ndi kugwiritsa ntchito mankhwala ozunguza bongo komanso kuchitira ana awo omwe chipongwe mu njira yachiwerewere. Ngati mukumuganizira munthu wina amene mukumudziwa kuti akuchitiridwa zoterezi, mutumizeni ku ofesi ya zosamalira anthu imene mwawandikana nayo kapena kwa mtsogoleri wa mpingo.

***Chitsanzo Chachitatu*: Mtisunge ndi Zondi**

Mwina iye sangaganize choncho koma Mtisunge wagwiriridwa ndipo atha kuchitapo kanthu. Kugonana kokakamizidwa kwa mtundu uliwonse ndi kugwiriridwa. Wogwiririrayo atha kuzengedwa mlandu. Ngakhale Zondi anali bwenzi lake la Mtisunge, analibe ufulu womuwumiriza kuti agonane naye ndipo atha kumumangitsa. Zili kwa Mtisunge kuganiza kukamusumira Zondi kapena ayi. Ndi nkhani zochepa chabe zokhudza kugilirira zomwe zimanenedwa - malinga ndi kufuna kapena kusafuna kwa wogwiriridwayo. Kukhala chete osanena nkhani zotere kungalimbikitse wolakwao kuti adzachitenso zotere.

Ndi zachisoni kuti zomwe zimachitika kwa Mtisunge zimachitikachitika. Amuna amakhulupirira kuti akazi ntchito yawo ndi kuwasangalatsa pogonana nawo ndiponso kuti pa ubwenzi, amuna ali ndi ufulu woumiriza akazi kuti agonane nawo. Uku ndi kulakwa. Akazi ali ndi ufulu wokana kugonana kapena kukhudzidwa kwa mtundu uliwonse posaganizira ubale uliwonse umene ulipo pakati pa awiriwo.

***Chitsanzo Chachinayi:* Chikondi ndi Mayi Wake Alinafe**

Monga Chikondi ana enanso amawona khalidwe lozunzana m’banja likuchitika. Malinga ndi kafukufuku ana atere amakula ndi zipsela m’maganizo mwao ngakhale kuti iwowa sanazunzidwe. Poganizira ndi ana amene sakula akuwona kuzunzana kotere m’mabanja iwowa:

* Atha kukula ndi khalidwe la mphulupulu
* Atha kufuna kudzipha
* Atha kuchita mlandu wogilirira akazi kapena kugonana ndi mbale wao
* Atha kuchitira nkhanza anthu ena
* Atha kumwa mowa mwauchidakwa kapena kugwiritsa ntchito mankhwala ozunguza bongo

Chikondi ayenera kuchitapo kanthu mwansanga popeza thandizo. Mayi wake ali pa mavuto kuchokera kwa bwenzi lao ndipo akuoneka kuti alibe mphamvu zoletsa kumenyana kapena kuthetsa chibwenzi. Ngati Chikondi akuwona kuti moyo wa mayi

ake uli pachiswe pa nthawiyi, atuluke m’nyumbamo ndi kukapempha abale kapena

anansi ndi kupita nao kunyumbako. Ndi zamanyazi kutenga abale kapena anansi kukaona zochitikazo koma zowona ndi zakuti iwo mwina adzakhala atadziwa kale zomwe zimachitikazo. Kuwatengera anthuwa kunyumbako kutha kusokoneza ndewuyo ndipo Chikondi atha kupeza mpata wowathawitsa mayi ake kwa a Zuze.

Chinthu chomwe Chikondi asayesere kuchita payekha ndiko kuleretsa ndeuyo yekha. Akhoza kuvulala kapena kuvulaza a Zuze mopyola mmene iye akufunira.

**PEPALA LA ZOWERENGA 5.4**

**ZINTHU ZOYENERA KUSANKHA NDI ZOTSATIRA ZAKE**

***Chitsanzo Choyamba:* Chimwemwe Ndi Bambo Ake Omupeza**

Kodi Chimwemwe angasankhe kuchita chiyani? Nanga zotsatira zake ndi zotani?

*Zabwino Zoipa*

a.

b.

c.

***Chitsanzo Chachiwiri*: Maria Ndi Bambo Ake**

Kodi Maria angasankhe kuchita chiyani? Nanga zotsatira zake ndi zotani?

*Zabwino Zoipa*

a.

b.

c.

***Chitsanso Chachitatu*: Mtisunge ndi Zondi**

Kodi Mtisunge angasankhe kuchita chiyani? Nanga zotsatira zake ndi zotani?

*Zabwino Zoipa*

a.

b.

c.

***Chitsanzo Chachinayi*: Chikondi Ndi Mayi Ake**

Kodi Chikondi angasankhe kuchita chiyani? Nanga zotsatira zake ndi zotani?

Zabwino Zoipa

a.

b.

c.

Kugwilirira akazi kapena kugwilirira kodziwana/kwa paubwenzi (mphindi makumi asanu ndi anayi).

**Longosolani zotsatira zimene achinyamata awa angazepane nazo chifukwa cha mavuto amene ali nawo.**

* Uchigawenga
* Uhule
* Msala
* Khalidwe lina loipa
* Uchitsiru

(Future e.g. school, marriage affected)

**Gawo loyamba**

Lembani ziganizo izi papepala kapena pa bolodi. “Anyamata achiMalawi amaphunzira nkhanza” “Asungwana achiMalawi amaphunzira kololera nkhanzazo” Pemphani ophunzira kuti alembe ndime imodzi (paragalafu) yofotokoza ngati akugwirizana ndi ziganizozi kapena ayi. Awuzeni kuti apereke zitsanzo pa maganizo omwe apereka.

**Gawo lachiwiri**

Pemphani ophunzira kuti agawane maganizo awo pa ziganizozi. Fotokozani momveka bwino kuti kugwilirira sikuti amachita ndi amuna okha ayi. Amuna atha kugwiliridwa ndi amuna anzawo ngakhalenso ndi azimayi. Koma sikawirikawiri. Nthawi zambiri amuna ndi amene amagwilirira akazi.

**Gawo lachitatu**

Afunseni ophunzira kuti kodi mlandu umatchedwa chiyani pamene munthu awimiliza bwenzi lake kuti agonane pamene iye asakufuna. Ngati palibe woyankha molondola, lembani “Kugwilirira kodziwana/kwa paubwenzi” pa bolodi. Fotokozani momveka bwino.

* Kugwiririra kodziwana/Kwa pa ubwenzi ndiko kugonana ndi munthu womudziwa kapena amene uli naye pa ubwenzi momuwumiliza. Fotokozani momveka bwino kuti pamene munthu waumilizidwa kugonana pamene iye asakufuna, kumeneko ndi kugwilirira, posaganizira kuti zoterezi zachitika bwanji, ndipo ndikuphwanya lamulo.

**Gawo Lachinayi**

Perekani kwa ophunzira pepala la zowerenga 55 la mafunso/mayeso a kuchitirana chipongwe mu njira yachiwerewere ndipo pemphani ophunzira kuti apeze mnzawo ndi kuyankhira limodzi mafunsowo.

**Gawo Lachisanu**

Ophunzira ambiri akamaliza kuyankha, kambiranani mafunsowo ndikupempha ophunzira kuti apereke mayankho olondola. Yesetsani kuwonjezera pa mayankhowo pogwiritsa ntchito “Mayankho a Mayeso”. Funsani mafunso ena anuanu monga: Ngati khalidwe logilirira akazi limachitikachitika, ndi chifukwa chiyani anthu sanenanena za khalidweli? Kodi mukuganiza kuti ndi chifukwa chiyani khalidwe logwilirana limachitikachitika pakati pa zibwenzi za ophunzira a ku sukulu za sekondale?

**Gawo Lachisanu ndi Chimodzi**

***Fotokozani mfundo izi, ngati sizinamveke bwino****.*

* Kugwilirira kochitika munthu wachilendo kapena womudziwa ndi mchitidwe wa nkhanza wogwiritsa ntchito kugonana pofuna kusonyeza wogwiliridwa kuti wogwiririrayo ali ndi mphamvu. Fotokozani kuti ku Malawi, kugonana kowumirizidwa kwakhala kukuchitika pakati pa opunzira m’sukulu za sekondale.
* Mabukhu angakhalenso kanema nthawi zambiri zimawonetsa kuti akazi amakhala ndi chibaba chofunana kugonana chifukwa cha mphamvu ya kugwiliriridwa ndipo mwina amagwa m’chikondi ndi wowagwilirirayo, koma kunena zoona, mkazi amene wagwiliridwa sasangalala kwenikweni ndi zochitikazo ngakhale zimenezi zitachitika pa nthawi imene ali ndi bwenzi lake pamene chiyambi chofuna kugonana chiyenera kukhala chabwino.
* Kumwa zoledzeletsa kapena kugwiritsa ntchito mankhwala ozunguza bongo ndi zomwe nthawi zambiri zimayambitsa kugwilirira kodziwana/kwa paubwenzi. Kuledzela kumapangitsa akazi kuti asathe kufotokoza bwino bwino kuti sakufuna kugonana ndipo amuna nthawi zambiri samvetsera kapena kutsatira za kusafunako.
* Palibe chimene mkazi angachite - kumwa mowa kapena kugwiritsa ntchito mankhwala ozunguza bongo, kupita ku malo wosayenera, kuvala mini kapena zovala zina zachizungu, kupsopsona, kusisita ngakhalenso kutakhala kuti anayamba wagonana kale ndi mwamunayo - chimene chingamupatse mwamuna ufulu womuumiriza kuti agonane naye pamene iye sakufuna. Kodi anzanu kapena anthu a m’kalasi mwanu angavomereze zimenezi?

**MUTU 9**

**MALANGIZO KWA ACHINYAMATA PA NKHANI ZOPITITSA PATSOGOLO ZA UMOYO**

***Nthawi Yophunzitsira :* Mphindi 60**

**Mfundo za Tsatanetsatane**

Potsiriza pa phunziroli, ophunzira onse ayenera:

1. Kulongosola mmene achinyamata angasungire ukhondo wa pathupi
2. Kolongosola mmene angasungire ukhondo wa pakhomo
3. Kulongosola zoyenera kutsatira pa nkhani ya uchembere wabwino

**KONTENTI**

**UKHONDO WA PATHUPI (KUSAMALA THUPI)**

Chifukwa cha zosinthika muthupi mwa mnyamata kapena mtsikana akatha msinkhu, monga msambo, kutuluka thukuta ndi zina, achinyamata ayenera kudzisamalira kuti akhale aukhondo pathupi pawo. Ndi udindo wa alangizi otengera kulera khomo ndi khomo achinyamata kukhala chitsanzo komanso kulangiza achinyamata anzawo pa nkhani ya ukhondo wa pathupi.

**Zoyenera Kuchita**

* Kusamba kosachepera kawiri patsiku, ngati ndi mtsikana ndipo ali kumwezi ayenera kusamba kuposera m’mene angasambire ngati sali kumwezi.
* Kumeta tsitsi la kukhwapa ndi kumaliseche. Tsitsili limapangitsa kuti munthu azituluka kwambiri thukuta ndipo zimabweretsa fungo.
* Posamba ayenera kugwiritsa nchito sopo kuti litsiro ndi fungo zichoke.
* Anyamata posamba azifundula mbolo kuti azichotsa gaga yense.
* Ngati mtsikana ali kumwezi ayenera kusintha nsalu kapena thonje limene wavala pafupipafupi.
* Khungu limauma ndi kuthetheka komanso mothethekamo mumatha kulowa matenda choncho khungu liyenera kudzoledwa mafuta mukatha kusamba.koma osadzola mafuta ootcha khungu popeza angayambitse matenda a khansa ya khungu.
* Mkamwa muyenera kutsukidwa kawiri patsiku m’mawa ndi pogona. Komanso munthu akatha kudya kuti mano asaole komanso mkamwa musanunkhe popeza ukayandikira anzako akhoza kusowa mtendere.
* Mtsikana ayenera kumadziyesa mabere mwezi uliwonse kamodzi, tsiku la seveni atatha msambo kuti aone ngati muli zotupa ndipo ngati waona chodabwitsa athamangire kuchipatala kukalandira chithandizo.
* Pa chaka kamodzi mtsikana ayenera kupita kusikelo yolelera kukayesedwa ku njira yoberekera kuti awone ngati kulibe matenda.
* Ndibwino anyamata kuti azipangidwa mdulidwe kuopa kuti kunsonga kwa mbolo kungabisale tizilombo toti tingayambitse matenda.
* Atsikana asamayike chilichonse kumaliseche popeza zingayambitse matenda.

**UKHONDO WA PAKHOMO**

Pakhomo pakakhala pa uve tizirombo toyambitsa matenda natonso timakhala pomwepo ndipo anthu a pakhomopo amadwala pafupipafupi. Matenda amene amakonda kubwera chifukwa cha uve ndi matenda otsegula mmimba, malungo, maso a manthongo, ndi chifuwa chachikulu. Pakhomo kuti pakhale paukhondo pamafunika izi:

**Zofunika pa khomo kuti pakhale pa ukhondo**

* Nyumba yamazenera ndipo azitsegulidwa mmawa kukacha kuti mphepo yabwino izilowa ndi kutsekedwa madzulo kuti udzudzu usamalowe
* Dzenje la zinyalala
* Chimbudzi, koma chidzivundikiridwa pa nthawi yomwe sichikugwiritsidwa ntchito kuopetsa ntchentche ndi pfungo
* Thandala loyanika mbale
* Pakhomo posesedwa bwino nthawi zonse

Ngati achinyamata apeza kuti pakhomo palibe chimodzi mwa izi ayenera kuwalangiza eni khomo komanso kuuza alangizi a zaumoyo kuti apereke malangizo okwanira pa nkhaniyi.

**UCHEMBERE WABWINO**

**A. Kuteteza Moyo wa Amayi: Njira ya Uchembere Wabwino**

1. Mayi amakonzekera nthawi yoti akhale ndi mimba poona kuti ali ndi thanzi labwino ndipo kuti alibe matenda mthupi mwake asanaime.
2. Mtsikana amene asanakwane zaka 20 asakhale ndi mimba poti thupi ndi mafupa ache sizinakhwime kokwanira kuti ndi kubadwitsa mwana mosavuta.
3. Mayi akabereka adzipuma zaka ziwiri mpaka zinai asanaime kawiri kuti thupi ndi magazi zibwelere mmalo mwake.
4. Mayi asachembeze koposa kanai kuopa kuti akapitiriza muyezo angadzataye magazi ambiri kapena chiberekero chingadzaphulike nthawi yobereka.
5. Mayi asakhale ndi pakati ngati wakwanitsa zaka makumi atatu mphambu zisanu (35).
6. Mayi akakhala oyembekezera azidya zakudya zomanga thupi kuti zithandize kupanga ziwalo komanso chitetezo ku matenda osiyanasiyana popeza chitetezochi chimatsikirako panthawiyi. Zakudyazi ndi monga nyama, ziwala, nyemba, nsomba, malinga ndi chomwe chapezeka komanso chomwe wakonda. Zopatsa mphamvu monga nsima, mpunga, chinangwa. Zoteteza kumatenda ndikubwezera magazi monga zipatso, ndiwo za masamba maka zobiriwira.

**B. Amayi Oyenera Kuberekera Kuchipatala Zivute Zitani**

Amayi onse oyembekezera ayenera kukachirila ku chipatala

**C. Zobweretsa Imfa kwa Amayi Nthawi Yobereka**

1. **Mtayo**

Kumwa mankhwala a zitsamba kapena kulowetsa zitsamba kunyini kuti mimba ichoke ndi zoopsa mayi akhoza kufa.

1. **Kutaya Magazi**

Mayi akamasambira mimba apite kuchipatala mwamsanga chifukwa akhoza kutaya magazi ambiri nthawi yobereka ikadzayandikira ndi kufa.

1. **Matenda Okhala Nthawi Yaitali**

Mayi akakhala pa matenda tsiku lonse mwana wosatuluka mayi atumizidwe kuchipatala mwamsanga osamwetsedwa mankhwala kuti zinthu zifulumire chifukwa chimakhala kuti njira ndiyochepa kapena kuti mwana sanagone bwino ndipo chiberekero chimatha kuphulika mayi ndi kufa

1. **Kutentha Mthupi**

Mayi akabereka ndikuyamba kutentha mthupi ndikumatuluka magazi kapena chikazi chonunkha patadutsa masiku awiri apite kuchipatala chifukwa izi zisonyeza kuti nsengwa kapena matenda anatsalira choncho mayi akhoza kufa.

1. **Kuthamanga Magazi**

Mayi wapakati akayamba kudwala mutu wa ching’alang’ala, kuona chizungulire, kutupa miyendo ndi nkhope kapena kunenepa mwadzidzidzi ndiye kuti magazi akuthamanga kwambiri choncho mayi apite kuchipatala kuti akalandire chithandizo mwansanga akachedwa adzayamba kukomoka ngati wakhunyu ndipo akhoza kufa.

1. Mayi akaona kuti waima ayenera kupita kuchipatala kukayamba sikelo ya amayi miyezi itatu isanapyole
2. Nthawi yobereka ikafika mai apite mwansanga kuti akaberekere kuchipatala
3. Mayi akabereka ayenera kuyamba kuyamwitsa nthawi yomweyo kuti nsengwa (kapena matenda) ichoke mosavuta
4. Mayi akatuluka mchikuta ayenera kubwerera kuchipatala mulungu umodzi ukatha kuti akapimidwe ndikuona ngati sakutaya magazi, ndiponso kuti mwana akuyamwa bwino. Kutinso mayiwo akalandire Vitamin A
5. Mayi akabereka ndipo milungu isanu ndi umodzi ikadutsa, abwerere kuchipatala kuti akapimidwe ndikuyamba sikelo yakulera ndi yakatemera wa mwana.

**Udindo wa Mlangizi Wotengera Kulera Khomo ndi Khomo pa Nkhani ya Uchembere Wabwino**

* Kulangiza olera za uchembere wabwino
* Kufotokozera olera amene atenga mimba zoyenera kuchita monga kuyamba sikelo nthawi yabwino, ubwino wobelekera kuchipatala ndi zovuta zimene zingachitike nthawi yobereka
* Kulangiza mayi woyembekezera za zakudya zoyenera.

**MUTU 10**

**ZOCHITIKA M’DERA ZIMENE ACHINYAMATA ANGATENGE NAWO MBALI**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera**

1. Kutchula magulu amene amapezeka mdera lawo amene iwo ayenera kutenga nawo mbali.
2. Kufotokozera mmene bungwe la achinyamata limayambira.
3. Kulongosola ntchito za bungwe la achinyamata
4. Kutchula maudindo a m’bungwe la achinyamata
5. Kulongosola mmene angatengere mbali pa zochitikachitika za mdera lawo.

**KONTENTI**

Magulu amene amapezeka mdera la mlangizi wotengera kulera khomo ndi

khomo amene ayenera kutenga nawo mbali

* Bungwe la Achinyamata
* Magulu a Chipembedzo
* Gulu la chitukuko cha Mmudzi
* Ndi magulu ena otukula moyo wa anthu mderalo

**Kufotokoza Mmene Bungwe La Achinyamata Limayambira**

* Achinyamata amene ali ndi maganizo opanga bungweli amakumana ndi kukambirana.
* Amakambirana mfundo ndi zolinga za bungweli.
* Amalemba malamulo oyendetsera bungweli.
* Amasankha komiti yoyendetsa bungweli.
* Amakambirana zipangizo zofunika kuti kalabuyi iyende bwino monga anthu a luso la zamasewera.
* Amakambirana ntchito zimene bungweli lizigwira kuti likwanilitse zolinga zake.
* Amagwirizana masiku oti azikumana ndi kuchita ntchito zawo.
* Amagwirizana za kapezedwe, kasungidwe ndi kagwiritsidwe ntchito ka chuma cha bungweli.

**Ntchito ya Bungwe la Achinyamata**

* Kupatsa achinyamata mwayi omakhala otanganidwa nthawi zonse ndi zochitika zotukula miyoyo yawo
* Kuphunzitsana njira zopewera mavuto achinyamata

**Maudindo a Mabungwe a Achinyamata**

* Wapampando
* Wachiwiri wa pampando
* Mlembi
* Wachiwiri kwa Mlembi
* Msungi Chuma
* Makomiti membela asanu
* Pamatha kukhalanso mamembala ena mu komiti malingana ndi luso lawo.
* Mmaboma amene pulojekiti ya Population and Family Planning ikugwira ntchito, kuli anthu ena amene amagwira ntchito pamodzi ndi komitiyi monga:
* Piye eduketa (Peer educator)
* Woyang’anira woyamba wa alangizi otengera kulera Khomo ndi khomo
* Woyang’anira wachiwiri wa alangizi otengera kulera Khomo ndi khomo
* Woyang’anira zaumoyo wa ubereki ndi uchembere wa achinyamata mboma lonse
* Woyang’anira za umoyo wa ubereki ndi uchembere m’boma lonse.

**Mmene Mlangizi Wotengera Kulera Khomo Ndi Khomo Angatengere Mbali Pa Zochitika Za Mdera Lake.**

* Mlangizi wotengera Kulera Khomo ndi khomo wa achinyamata wa mderalo ndi m’modzi wa ma membala abungweli koma waluso lapadera choncho ayenera kuthandiza anzake mwapadera malinga ndi luso limene ali nalo
* Akhale olimbikira pa zachipembedzo kuti azitha kuchengetedwa ndi ampingo pa ntchito yake.
* Azikhala olimbikira pa ntchito za chitukuko za mderalo kuti azitetezedwa ndi amfumu pa ntchito yake.
* Azithandiza nawo pa chisoni, pa matenda ndi zochitika zina za mderalo kuti anthu amudziwe ndipo athe kumamufunafuna kuti alandire chithandizo kuchokera kwa iye.

**MUTU 11**

**CHIKHALIDWE CHOSASIYANITSA PAKATI PA AMUNA NDI AKAZI (JENDA)**

***Nthawi Yophunzitsira: Mphindi 120 (Maola Awiri)***

**Mfundo za Tsatanetsatane**

**Pomaliza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira chikhalidwe chosasiyanitsa pakati pa amuna ndi akazi omwe amagwiritsidwa ntchito kawirikawiri.
2. Kusiyanitsa pakati pa chilengedwe cha mwamuna kapena mkazi ndi chikhalidwe chosasiyanitsa pakati pa amuna ndi akazi.
3. Kukambirana m’mene ntchito zachimuna kapena zachikazi zimachitikira, kusungidwa, ndi kulimbikitsidwa ndi chikhalidwe chathu.
4. Kulongosola m’mene milingo ina imakhudzira kachezedwe kathu ndi kasankhidwe kathu ka ntchito zomwe munthu amafuna kudzagwira.

**KONTENTI**

**Matanthauzo A Mau Akuti Chikhalidwe Chosasiyanitsa Pakati Pa Amuna Ndi Akazi Ndi Chiyani (Jenda)?**

Chimatanthauza kusiyana komwe kulipo pakati pa amuna ndi akazi mogwirizana ndi zinthu zomwe zatizungulira ndi pa chikhalidwe chathu. Kusiyanaku ndi uku:

* Ntchito zomwe timauzidwa kuti tizigwira
* Maudindo
* Kapezedwe ka zinthu ndi ulamulilo pa zinthuzo
* Ulamulilo ndi kukopa anthu ena

**Chilengedwe cha amuna kapena akazi**

Mauwa amatanthauza kusiyana kwa ziwalo za mthupi kumene kulipo pakati pa amuna ndi akazi

**Ntchito zachimuna kapena zachikazi**

Ntchito zomwe azibambo, azimayi, anyamata ndi asungwana amauzidwa kuti azigwira ndi maudindo amene amapatsidwa malingana ndi chikhalidwe cha mtundu wa anthuwo kapena malo amene anthuwo amakhala ndiponso anthu onse ozungulira amakhulupilira zimenezi. Izi ndi ntchito zimene zimagawidwa kwa amuna kapena akazi mu dziko monga kuphika, kusaka, kutunga madzi, kukwera mitengo.

**Ntchito za chilengedwe cha amuna ndi akazi**

Ntchito zomwe zimagwiridwa ndi amuna kapena akazi mogwirizana ndi chilengedwe chao, monga; kuyamwitsa, kupereka mimba, kutenga mimba, kusamba/msambo.

**Kufananitsa**

Kukhala ndi ufulu, udindo ndi mwayi ofanana pa ntchito kwa abambo, amayi, anyamata ndi asungwana mu dziko. Nkhaniyi ikuchokera pakuti, pasakhale munthu aliyense okhala ndi mwayi operewera kapena ufulu ochepera kuposa nzake.

**Mulingo wokhalira anthu**

Chikhulupiliro chomwe anthu amakhala nacho chakuti anthu onse agulu limodzi monga pa zaka, mtundu - amachita kapena azichita zofanana, izi zimachititsa kuti munthu asachite zofuna zake pa umunthu wake. Munthu amayikidwa pa mulingo wosayenera.

**Chikhalidwe**

Kakhalidwe kamoyo wa munthu, zochitika za m’mbuyo ndi za mtsogolo; pali zinthu monga chinenero/chiyankhulo, nthano zokhudza zikhulupiliro za mtundu, zikhulupiriro, chikhalidwe, zolaula ndi miyambo ya anthu mu dziko/dera.

**Kuphunzira za chikhalidwe chakukhala mkazi kapena mwamuna**

Kuphunzira kwa chikhalidwe zikuthanthauza m’ndandanda wa zochitika zimene mabungwe kapena anthu amagwiritsa ntchito pogawa ntchito, maudindo, ulemerero/ufumu ndi zinthu zoyenera abambo, amayi, anyamata ndi asungwana.

**Kulinganitsa**

Uku ndiko kukhala molingana/kupereka kanthu kwa aliyense mwa chilungamo malinga ndi zosowa zao mosayang’anira nkhope. Mwachitsanzo bambo ndi mwana wam’gono sangapatsidwe chakudya chochuluka mofanana. Aliyense ayenera kulandira molingana ndi msinkhu wake.

**Kusankhana Komwe Kumakhalapo pa Chikhalidwe Chosasiyanitsa Pakati pa Amuna ndi Akazi**

Uwu ndi mulingo wosayenera umene munthu amayikidwapo/amapatsidwa malinga ndi mulingo umene anthu amakhala nawo pa anthu a gulu limodzi.

**Kusiyana Pa Chikhalidwe Chosasiyanitsa Pakati pa Amuna ndi Akazi.**

Uwu ndi mulingo umene anthu amasiyanitsira amuna ndi akazi pa kakhalidwe ka anthu komanso pa chinthu chilichonse chokhudza moyo wathu.

**Kudziwitsa Anthu Za Chikhalidwe Chosasiyanitsa Pakati Pa Amuna Ndi Akazi**

Kuthanthauza kukhala ozindikira ndi chidwi pankhani ya chikhalidwe chosasiyanitsa pakati pa amuna ndi akazi ndi kuchita chotheka kuti zofuna ndi zina zofunika kwambiri za abambo ndi amayi zikhale patsogolo penipeni pa chitukuko.

**Kuzindikira Za Chikhalidwe Chosasiyanitsa Pakati Pa Amuna Ndi Akazi**

Kuzindikiraku kumafunika kumvetsa ndikukhala ndi chidwi chochitapo kanthu pa zinthu zokhudza khalidwe la anthu makamaka khalidwe lomwe limachititsa kusankhana pa chilengedwe chaamuna kapena akazi.

**Kusiyana Kwa Chilengedwe Chakuti Mwamuna Kapena Mkazi Ndi Chikhalidwe Chosasiyanitsa Pakati Pa Mamuna Ndi Mkazi**

Kusiyana kwakukulu pa mau awiriwa, chilengedwe cha amuna kapena akazi (sex) ndi chikhalidwe chosasiyanitsa pakati pa amuna ndi akazi ndi koti kusiyana kwa chilengedwe pakati pa amuna ndi akazi ndi kobadwa nako pamene kusiyana pa chikhalidwe chosasiyanitsa pakati pa amuna ndi akazi ndikopangidwa ndi anthu malinga ndi mmene amakhalira.

**Amuna Angakhulupilire Kuti Kukhala Amuna Ayenera:**

**Mayankho Ena Ndi**:

* Kulamula ndi kufuna kuoneka osakhudzidwa ndi zinthu.
* Kukhala wamkulu pa chibwenzi.
* Kukakamiza zibwenzi zao kuchita zinthu.
* Kukhwima mwa changu kumbali yogonana ndipo kukhala ndi zibwenzi zambiri.
* Kumagwira ntchito za umakaniki ndi zofuna kuganiza kwambiri.
* Kukhala ndi udindo wa “mutu wa banja”.
* Kukhala ndi ulemerero umene amaulandira pokhala ndi ana ambiri komanso polandira ndalama zambiri.
* Kumagwira ntchito zoopsa kuti aonetse umuna wawo.
* Kumaweruza mkangano mwamavuvu.
* Kuwonetsa kuti amamwa kwambiri mowa.
* Kumapewa kugwira ntchito zomwe anthu amazitenga ngati zachikazi kunyumba ndi kuntchito.

**Akazi Angakhulupirire Kuti Kukhala Akazi Ayenera**

* Kukhala okhudzidwa kwambiri pa zinthu ndi wowuzidwa.
* Kugonjera kwa zibwenzi zawo, pazofuna za zibwenzizo.
* Kukhala ndi ana ambiri angakhale iwo eni ake asafune.
* Kutha kuwapangira anthu ena zofuna zawoo poyamba, pambuyo pake zawo.
* Kukhala owoneka bwino potenga mulingo wamunthu wina.
* Kuvomera kuzunzidwa pankhani zogonana popanda dandaulo.
* Kuvomereza kukhala wolakwa pa mkangano, zogonana mwamavuvu ndi

Kugwiriridwa.

* Kupewa ntchito zofuna masamu ndi za sayansi (science).

**Gawo Lachinayi.**

1. Gawani wophunzira mutimagulu tating’ono tokhala amuna wokhawokha kapena akazi wokhawokha.
2. Funsani gulu lilonse kuti lipereke mathero wosiyanasiyana mmene angathele a ziganizo zotsatirazi;

* Gulu La Anyamata………….ndine wosangalala kuti ndine mnyamata chifukwa…….
* Gulu La Asungwana……..ndine wosangalala kuti ndine msungwana chifukwa…….

1. Funsani maguluwo kuti alembe mayankho awo pa pepala.
2. Perekani mphindi pafupifupi nkhumi pa ntchito iyi.
3. Kenaka pemphani maguluwo kuti aganize mathero ambiri ndithu mmene angathere pa chiganizo ichi;

* Gulu la anyamata……..ndikanakhala msungwana ndikada………..
* Gulu la asungwana……… ndikadakhala mnyamata ndikada………….

1. Funsani magulu kuti alembe mayankho awo pa pepala. Perekani mphindi pafupifupi khumi ndi mphambu zisanu pa ntchito iyi.
2. Tsopano funsani wozipereka pagulu lililonse kuti amate mayankho apagulu pawo kuti asonyeze;

**Mayankho A Asungwana**

Ndine wosangalala kuti ndine msungwana chifukwa ndikadakhala mnyamata ndikada………

**Mayankho A Anyamata**

Ndine osangalala kuti ndine mnyamata chifukwa ndikadakhala msungwana ndikada…

**MUTU 12**

**ZIWALO ZA ABAMBO ZOBEREKERA**

***Nthawi Yophunzitsira:*  *Mphindi 45***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutchula ziwalo za abambo zoberekera.
2. Kufotokoza ntchito za ziwalo zoberekera za abambo.

**KONTENTI**

**Maina A Ziwalo Za A Bambo Zoberekera**

Ziwalo za a bambo zoberekera ziripo za kunja ndi mkati mwathupi. Ziwalozo ndi izi:

1. ***Zakunja***

* Mbolo
* Njira ya mkhozo ndi mbewu ya abambo
* Thumba la machende

1. **Z*amkati***

* Polositeti galandi
* Semino vesikolo
* Chubu cha mbeu ya abambo
* Machende

**Ntchito Ya Ziwalo Za Abambo Zoberekera**

1. ***Zakunja***
2. *Mbolo:*

Ndi chiwalo choberekera chimene chimathira mbeu za abambo mu nyini nthawi yogonana ndiponso ndi chiwalo chimene chimachotsa mikodzo m'thupi la bambo (pokodza).

1. *Njira Ya Mkhozo Ndi Mbeu Ya Abambo:*

Iyi ndi njira imene iri mkati mwa mbolo, m'mene mumadutsa mikodzo ikamatuluka mthupi mwa bambo nthawi yokodza. Mumadutsanso mbeu za abambo pa nthawi yogonana.

1. *Thumba La Machende:*

Thumba limeneli limateteza ndiponso limathandiza kuti machende azikhala pa malo otenthera mofunikira kuti azigwira ntchito bwino

1. *Machende:*

Mbeu za abambo zimapangidwa mu ziwalo zimenezi

Thumba limeneli limathandiza keteteza ndi kuti machende azikhala pa malo otenthera mofunikira kuti azigwira ntchito bwino.

1. **Zamkati**
2. *Polositeti Galandi:*

Chiwalo chimene chimapanga umuna umene umasakanikirana ndi mbeu ya abambo. Nyama zake zimakankha mbeu za abambo kudzera mu njira ya nkodzo pamene mai ndi abambo agonana.

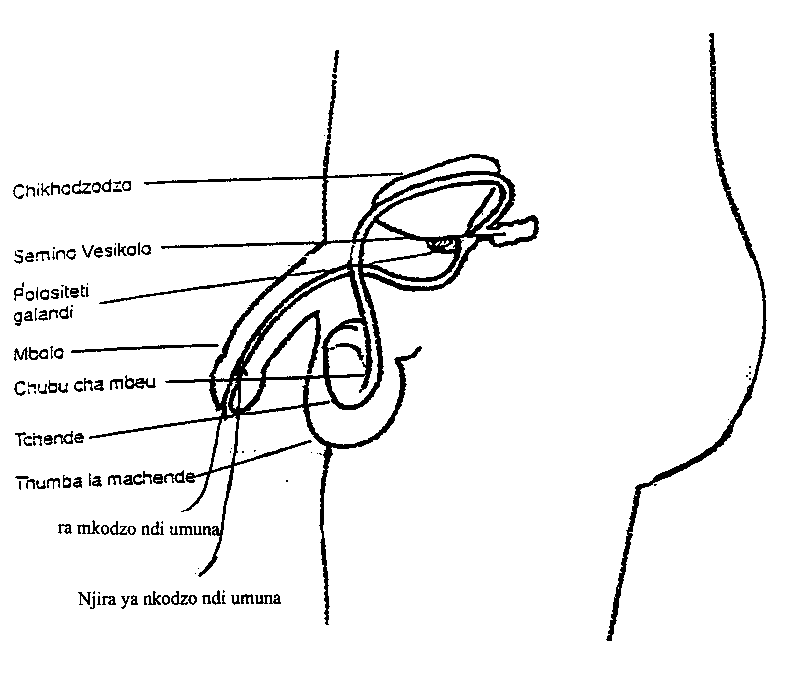
1. *Chubu Cha Mbeu Za Abambo:*

Awa ndi machubu awiri amene amachokera ku machende kufika papolositeti galandi. Mbeu za abambo zimadutsa mu machubu amene wa pamene zikuchokera ku machende.

1. *Semino Vesikolo:*

Chiwalo chimene chimasunga umuna umene umasakanikirana ndi mbeu za abambo.

**ZIWALO ZA ABAMBO ZOBEREKERA**



**MUTU 13**

**ZIWALO ZOBEREKERA ZA AMAYI**

***Nthawi Yophunzitsira:*  Mphindi 45**

**Mfundo za Tsatanetsatane**

**Pomaliza pa phunziroli ophunzira onse ayenera**

1. Kutchula ziwalo zoberekeka za amayi.

1. Kufotokoza ntchito za ziwalo za amai zoberekera.

**KONTENTI**

**Maina A Ziwalo Za Amayi Zoberekera**

1. ***Zakunja***

* Bumbu
* Milomo ya bumbu yaikulu
* Milomo ya bumbu yaing'ono
* Mkongo
* Nyini

1. ***Zamkati***

* *Khomo la chiberekero*
* *Chiberekero*
* *Machubu*
* *Mabasiketi a mazira*

**Ntchito Za Ziwalo Za Amayi Zoberekera**

1. ***Zakunja***
   1. *Bumbu*

Kuteteza ziwalo zamkati

* 1. *Milomo Yaikulu*

Mnofu umene umatchinjiriza mnofu waung'ono wa bumbu ndipo umatulutsa mafuta ofewetsa bumbu.

* 1. *Milomo yaing'ono*

Mnofu uwu umateteza khomo la nyini ndi potulukira mkodzo ndi mkongo.

* 1. *Mkongo*

Umapereka nyere ndipo umatota ngati mbolo nthawi yogonana.

* 1. *Nyini*

Njira yoberekera, ya msambo ndiponso m'mene abambo amathira mbewu yawopanthawi yogonana.

1. ***Zamkati***
2. *Khomo La Chiberekero*

* Khomo lodutsira mbeu ya abambo kulowa muchiberekero
* Khomo lodutsira msambo
* Khomo lodutsira mwana akamabadwa

1. *Chiberekero*

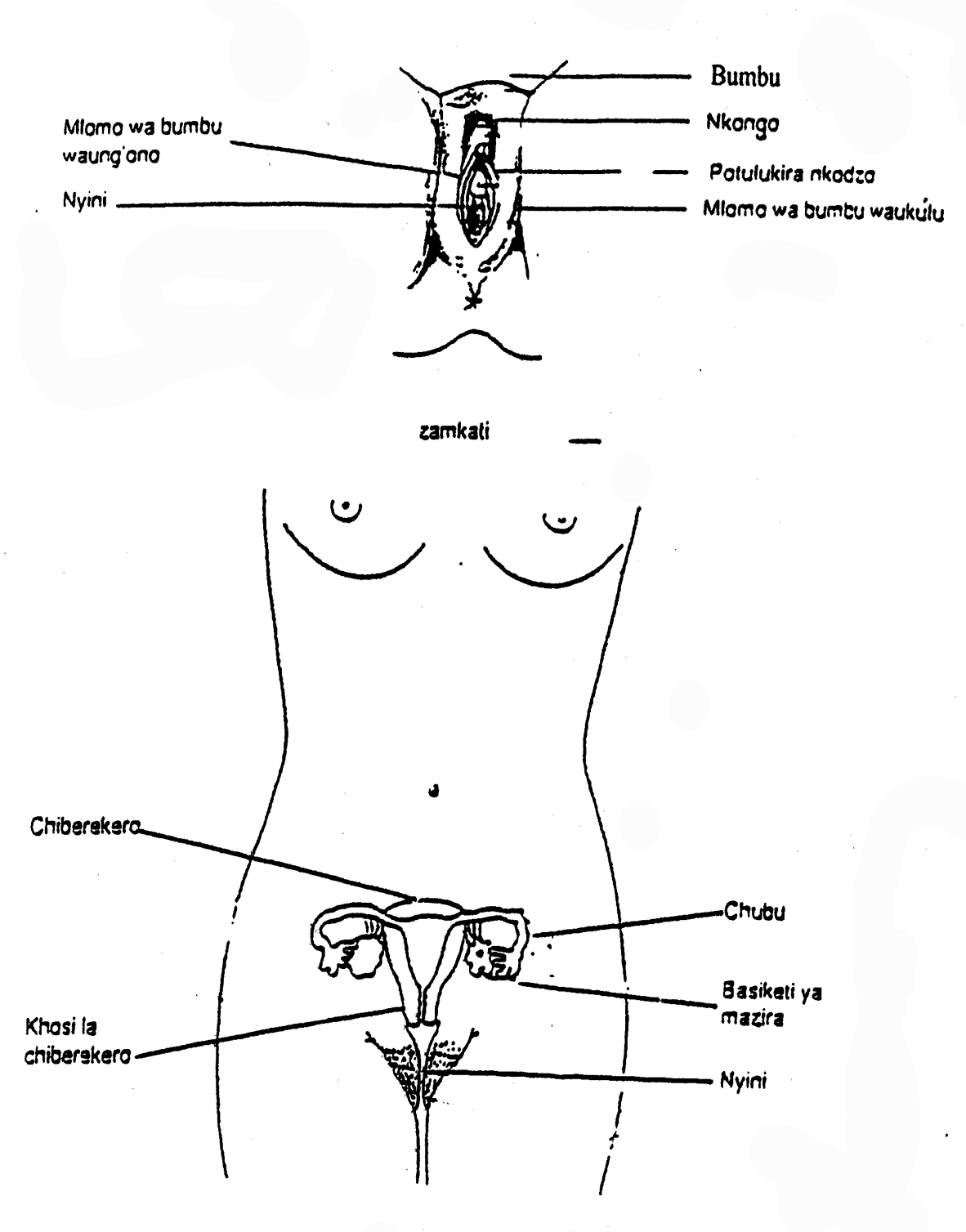
Umu ndi m'mene dzira lomwe lakumana ndi mbeu ya abambo, kupanga mimba, limakhazikika mpaka mwana kukula. Chimathandizanso kutulutsa mwana pa nthawi yobereka, ndi kutulutsanso msambo.

1. *Machubu*

Ntchito ya machubu ndi kutenga mazira kuchoka kumabasiketi kupita ku chiberekero. Komanso dzira ndi mbeu ya abambo zimakumana m'machubumu kupanga mimba.

1. *Mabasiketi a mazira*

Umu ndi m'mene mazira amayi amakhwimira mwezi uli wonse.



**MUTU 14**

**MSAMBO NDI MMENE MAI ANGATENGERE MIMBA**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo Zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera**

1. Kutanthauza mau akuti msambo.
2. Kutanthauza mau akuti holomoni
3. Kutchula maholoni awiri amene amapezeka mthupi la amayi ndipo amapangitsa
4. msambo ndi kutenga mimba
5. Kufotokoza m’mene msambo umayendera
6. Kufotokoza m’mene amayi angatengere mimba

Kufotokoza kufunika kwake koti mlangizi wotengera kulera khomo ndi khomo

1. Adziwe za kayendedwe ka msambo pothandiza amayi omwe angafune kulera.

**KONTENTI**

**Tanthauzo La Mau Akuti Msambo**

Ndikukonzekera kutenga mimba kwa ziwalo za amayi komwe kumachitika mwezi ndi mwezi. Kukonzekera kumeneku kumayamba tsiku loyamba limene mayi wasambamo mpakana tsiku loyamba msambo wina.

**Tanthauzo La Mawu Akuti Holomoni**

Holomoni ndi mphamvu ya m'thupi imene imagwira ntchito ngati mesenjala / nthumwi yopereka uthenga wosintha ziwalo zina.

**Maholomoni Othandizira Msambo**

* Isitolojeni
* Polojesitiloni

**Kufotokoza M'mene Msambo Umayendera**

* Mkazi amayamba kusambamo pakati pa zaka 9 - 18. Amapitiliza kusambamo mwezi ndi mwezi mpaka pakati pa zaka 45 kapena 50. Pafupifupi mai aliyense amasambamo, pokhapokha ngati ali ndi pakati, akuyamwitsa, sikelo yake ndi yotsika, akudwala kapena ali ndi vuto lina lokhudzana ndi kubereka.
* Msambo umayamba kuwerengedwa tsiku lomwe maiyo wayamba kusambamo. (Mayi amasambamo pakati pa masiku 3 ndi 5). Ndondomeko ya msambo imatenga pakati pa masiku 21 ndi 35. Patapita masiku asanu ubongo umatumiza uthenga kwa mabasiketi awiri amazira komwe dzira limodzi lokha limakulitsidwa ndi kukhwimitsidwa. Dzirali likamakula limatulutsa holomoni yotchedwa isitolojeni imene imapangitsa kuti chiberekero chiyambe kukonzekera kulandira dziralo.
* Patsiku la 14 dziralo limatulutsidwa kuchoka m'mabasiketi (ovulation). Dziralo limalowa mu chubu. Pamene izi zikuchitika pamalo pamene pachoka dzira pamatuluka holomoni ya polojesitoloni imene imapangitsa kuti chiberekero chipitilize kukonzekera kulandira dziralo. Panthawi imeneyi ngati dzirali silikumana ndi mbeu ya abambo limafa. Mphamvu ya isitolojeni ndi polojesitoloni imatsika ndipo mkati mwa chiberekero mumayamba kukanganuka.
* Pofika tsiku la 28 msambo wa amayi umayamba kubwera. Chifukwa cha zosinthikasinthika m'thupi mwa amayi panthawi ya msambo ena amamva kuwawa kwa mutu ndi cha m'mimba.

**M'MENE MSAMBO UMAYENDERA**

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**M'mene mayi amatengera mimba**

Mwamuna ndi mkazi akamagonana, mbeu ya mwamuna imatuluka ndikulowa muchiberekero ndipo imakafika muchubu chomwe mumadutsa mazira. Ngati mbeu ya mwamuna ipezana ndi kulowana ndi dzira la amayi muchubumo, dziralo limayenda nkukakhazikika muchiberekero m'mene limakula kukhala mwana.

**Kufunika kwake koti mlangizi wotengera kulera khomo ndi khomo adziwe za kayendedwe ka msambo pothandiza anthu ofuna kulera**

Kumvetsa bwino m'mene msambo umayendera kumathandiza mlangizi wotengera kulera khomo ndi khomo kuti amvetse m'mene njira zolerera zimatetezera mai kutenga mimba.

**MUTU 15**

**NJIRA ZOLERERA ZA MAKOLO**

***Nthawi Yophunzitsira: Mphindi : 30***

**Mfundo Zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti njira zolerera za makolo.
2. Kukambirana chiyambi cha njira zolerera za makolo.
3. Kufotokoza njira zolerera zimene makolo amagwiritsa ntchito.
4. Kutchula mfundo zisanu za ubwino wa zikhulupiriro ndi njira zolerera za makolo.
5. Kutchula mfundo zisanu ndi imodzi za kuipa kwa njira zolerera za makolo.

**KONTENTI**

**Tanthauzo La Njira Zolerera Za Makolo**

Izi ndi njira zovomerezeka muchikhalidwe cha a Malawi zimene makolo amagwiritsa ntchito kuti alere.

**Chiyambi cha njira zolerera za makolo**

* Njira za makolo zakhala zikugwiritsidwa ntchito kuyambira masiku a make dzana kufikira lero. Izi zitanthauza kuti kuyambira kale anthu akhala akugwiritsa ntchito njirazi kuti alere.
* Mlangizi wotengera kulera khomo ndi khomo ayenera kuzindikira kuti anthu ena m'midzi alipobe amene akugwiritsa ntchito njira zolerera za makolo. Kugwiritsa ntchito njirazi kusonyeza kuti anthu ali ndi chikhulupiriro chofuna kulera, ndipo aona ubwino wake pa kanthawi.
* Kuchuluka kwa anthu okhala m'mizinda mu dziko la Africa, kwapangitsa kukhala kovuta kudziwa chiwerengero cha anthu ogwiritsa nchito njirazi.
* Alangizi otengera kulera khomo ndi khomo amene ali mu mizinda angaone anthu ochepa amene akugwiritsa ntchito njira za makolo kusiyana ndi alangizi okhala m'midzi.

**Zikhulupiriro Ndi Njira Zolerera Zimene Makolo Amagwiritsa Ntchito**

1. *Kugwiritsa Ntchito Mizu Ndi Zitsamba*

* Mafuta ochokera ku njere za nsatsi ali ndi mphamvu ngati isitolojeni.
* Masamba ena monga ngati a mpesa, hibisikasi, amamwa ngati tiyi ndiponso amapakidwa ku mawere.
* Mai amavala nkuzi umene uli ndi mphinjiri kapena MFUNDO zimene chiwerengero chake chimaimira zaka zimene mai adzalere.
* Mankhwala oikidwa mu nyini kuti aphe mbeu ya abambo.
* Kuika mankhwala kapena nsalu mu nyini kuti dzira la amayi ndi mbeu ya bambo zisakumane.

1. *Zikhulupiriro*

* Kusagonana mwana ali wamng'ono - pali chikhulupiriro kuti kugonana mai akuyamwitsa, mkaka umaonongeka ndi umuna, choncho kugonana mwana akuyamwa kumakhala koletsedwa.
* Kusagonana mpaka mai atayambanso kusamba - iyi ndi njira ina yolerera ngati mai wayamba kusamba mwana ali wamkulu.
* Kuchoka pa nyumba - m'malo ena mwana akangobadwa amayi kapena abambo amachoka pa nyumba kukagwira ntchito kwina kwake mpaka mwana akule.
* M'malo ena amatengera mwana kumphasa atakula; mpakana nthawi iyi mai ndi bambo sagonana.
* Anthu ena amatsatira miyambo iyi:
* *Kuthira Padela* - Bambo ndi Mayi amagonana ndipo nthawi yowaza amathira kunja.
* *Kuthira Pachinena.*
* *Kuthira Mphechepeche.*
* Mitala – mwana akabadwa m'nyumbamo bambo amapita kwa mkazi wina mpaka mwana m'nyumbamo akule.
* Mdzukulu - malo ena makolo akangokhala ndi chidzukulu choyamba samagonananso.

**Ubwino wa Njira Zolerera Za Makolo**

* Njirazi nzosavuta kupeza.
* N'zovomerezeka kwa anthu amene safuna njira za makono zolerera.
* Zilibe zovuta zimene zimachitika chifukwa cha isitolojeni kapena polojesiteroni.
* N'zosavuta kugwiritsa ntchito.
* N'zosakwera mtengo popeza sizifuna maphunziro a padera.

**Kuipa Kwa Njira Zolerera Za Makolo**

* Mphamvu yake ndi yosadziwika ndipo ndi zosadalirika.
* Mlingo wake ndiwosadziwika.
* Ndi zosagwirizana ndi chikhalidwe cha makono.
* Zitha kupereka matenda, kuvulala ndi kuyabwidwa kwa amene angamwe kapena kuvalira.
* Zimakhala ndi malangizo ovutilapo kuwatsata.
* Zitha kubweretsa chisokonezo m'banja chifukwa chosakwaniritsa chilakolako cha m'thupi pa kugonana.

**MUTU 16**

**KUDZIWITSANA NJIRA ZAMAKONO ZOLERERA**

***Nthawi Yophunzitsira: Mphindi 30***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti njira yolerera.

2. Kutchula njira zolerera zamakono zomwe zimapezeka m’Malawi.

3. Kutchula njira zinayi zomwe mlangizi wotengera kulera khomo ndi khomo amapereka.

4. Kutchula njira zisanu ndi imodzi zolerera zimene olera ochokera kwa mlangizi wotengera kulera khomo ndi khomo amakalandira/kulangizidwa akatumizidwa ku sikelo yolera.

5. Kufotokozamfundo zomwe mlangizi ayenera kuziganizira asanamuyambitse munthu pa njira yolerera.

**KONTENTI**

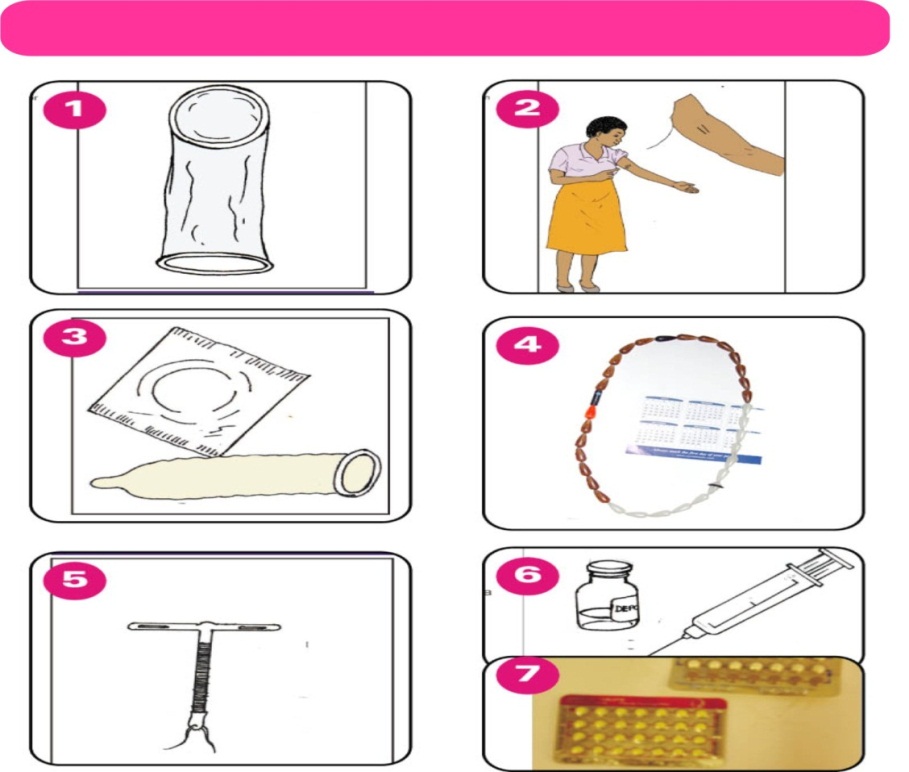
**Tanthauzo la mau akuti njira yolerera**

Chilongosoko chimene Mai/Bambo/Mnyamata/ Mtsikana / Banja amatsata podziteteza kuti asatenge kapena kupereka mimba.

**Njira Za Makono Zolerera zopezeka m'Malawi**

* Mapiritsi
* Jakisoni
* Makondomu Abambo ndi Amayi
* Lupu
* Njira za chilengedwe monga yoyamwitsa
* impulanti
* Kutseka abambo
* Kutseka amayi

**CHINTHUZI CHA NJIRA ZAMAKONO ZOLERERA**

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**Njira Zoperekedwa Ndi Mlangizi Wotengera Kulera Khomo Ndi Khomo**

* Mapiritsi a mphamvu ziwiri).
* Mapiritsi a mphamvu imodzi ().
* Makondomu Amayi
* Makondomu Abambo
* Mlangizi wotengera kulera khomo ndi khomo azifotokozanso za njira yoyamwitsa imene imateteza mai kuti asatenge mimba pa miyezi isanu ndi umodzi yoyamba atabadwitsa mwana ngati asanayambe kusamba ndiponso akuyamwitsa mwakathithi.

**Njira zomwe olera ochokera kwa mlangizi wotengera kulera khomo ndi khomo**

**amakalandira/kulangizidwa akatumizidwa ku chipatala**

* Lupu
* Jakisoni
* Kutseka abambo
* Kutseka amayi
* Inipulanti
* Njira ya chilengedwe

**Mfundo zomwe mlangizi ayenera kuziganizira asanayambitse munthu njira**

**yolerera**

M'Malawi muno amayi amayambitsidwa njira yolerera pokhapokha ngati wauzidwa zonse izi:

* Dzina la njira
* M'mene imagwirira ntchito
* Ubwino wake
* Kuipa kwake
* Zovuta zina
* Mlangizi wotengera kulera khomo ndi khomo ayenera kutumiza olera onse atsopano amene ayamba njira yolerera kusikelo ya za kulera kuti akayesedwe.
* Mlangizi wotengera kulera khomo ndi khomo awonetsetse kuti wolera wauzidwa uthenga uwu asanasankhe njira:
* Wolera ali ndi ufulu wosankha nthawi yomwe akufuna kudzakhala ndi mimba
* Asiyanitse kuwopsa kokhala ndi mimba ndi kuvuta kogwiritsa ntchito njira zolerera
* Njira zonse zimene mlangizi amapereka, zimapezekanso kuchipatala
* Olera ali ndi ufulu kusankha njira yomwe angayigwiritse ntchito mosavuta ndi yomukhalira bwino
* Mlangizi awonetsetse kuti akuthandiza anthu mwa ulemu ndi mwachinsinsi ndiponso mosaganizira kuti munthuyo ndi wosauka, wolemera, wokwatiwa kapena wosakwatiwa., mnyamata kapena mtsikana

**MUTU 17**

**MAPIRITSI A MPHAMVU IMODZI**

***Nthawi Yophunzitsira: Mphindi 90***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

* + - 1. Kutanthauzira mau akuti mapiritsi amphamvu imodzi.
      2. Kutchula holomoni yomwe ili mumapiritsi a mphamvu imodzi.
      3. Kufotokoza njira zitatu zimene mapiritsi amphamvu imodzi amagwirira ntchito kuti mai asatenge mimba.
      4. Kufotokoza kudalirika kwa mapiritsi a mphamvu imodzi.

1. Kufotokoza ubwino wa mapiritsi amphamvu imodzi.
2. Kufotokoza kuipa kutatu kwa mapiritsi amphamvu imodzi.
3. Kutchula amene ayenera kumwa mapiritsi amphamvu imodzi molingana ndi malamulo a zakulera m’Malawi.
4. Kulongosola amene sayenera kumwa mapiritsi a mphamvu imodzi molingana ndi malamulo a zakulera m’Malawi.
5. Kulongosola m’mene angawadziwire amai amene angathe kumwa mapiritsi a mphamvu imodzi.
6. Kufotokoza malangizo a kagwiritsidwe ntchito ka mapiritsi a mphamvu imodzi.
7. Kufotokoza m’mene angaperekere mapiritsi a mphamvu imodzi.
8. Kutchula zifukwa zitatu zotumizira mayi wakumwa mapiritsi a mphamvu imodzi kusikero yolera.
9. Kutchula zovuta zisanu ndi ziwiri zimene zimachitika kwa amayi ena akamamwa mapiritsi a mphamvu imodzi.
10. Kutchula chizindikiro chimodzi choopsa cha mapiritsi a mphamvu imodzi.

**KONTENTI**

**Tanthauzo La Mau Akuti Mapiritsi A Mphamvu Imodzi**

Ndi mapiritsi amene ali ndi holomoni imodzi omwe mai / mtsungwana wa msnkhu wobereka amamwa tsiku ndi tsiku kuti asatenge pakati, mwachitsanzo ovureti/ mikololuti

**Holomoni Imene Iri Mumapiritsi A Mphamvu Imodzi**

Mapiritsi awa ali ndi holomoni imodzi yotchedwa polojesitini.

**Momwe Mapiritsi A Mphamvu Imodzi Amagwirira Ntchito**

* Amaletsa dzira la mai kukhwima.
* Amapangitsa chikazi kuti chikhale cholimba, ndiye mbeu ya abambo siimatha kulowa kapena kudutsa pa khomo la chiberekero.
* Mkati mwachiberekero mumakhala mosakhonzekera ndiye simungathe kusunga mimba.

**Kudalirika Kwa Mapiritsi A Mphamvu Imodzi**

* Kwa amayi 100 amene akumwa motsatira malamulo ndi amayi 83 mpaka 99 amene sangatenge pakati pakutha pa chaka.

**Ubwino Usanu Ndi Umodzi Wa Mapiritsi A Mphamvu Imodzi**

* Ndi odalirika
* Chiteta chimachepa
* Msambo umachepa ndipo mai amakhala ndi magazi okwanira.
* Samachepetsa mkaka wa m'mawere ndipo mwana amatha kuyamwa mosachepera miyezi isanu ndi umodzi.
* Sakhala ndi zovuta zina zambiri kusiyana ndi mapiritsi a mphamvu ziwiri.
* Sasokoneza pa nthawi yogonana.

**Zomulepheretsa Mai / Mtsikana Kumwa Mapiritsi A Mphamvu Imodzi**

* Mai ayenera kumwa tsiku ndi tsiku.
* Amayi ena msambo umasokonezeka.
* Samateteza kumatenda opatsirana pogonana ndiponso a Edzi.

**Oyenera Kumwa Mapiritsi A Mphamvu Imodzi Molingana Ndi Malamulo A Za**

**Kulera**

* Amayi amene akuyamwitsa mwana amene wakwanitsa ma sabata asanu ndi imodzi akubadwa
* Amayi amene sanaberekepo
* Amayi osakwatiwa.
* Amayi amene apititsa padera, otaya mimba kapena amene anali ndi mimba ya mu chubu.
* Ali ndi magazi ochepa kapena anathapo magazi
* Amayi amene ali ndi mitsempha yothupa kuseli kwa miyendo
* Amayi amene sangamwe mapiritsi amphamvu ziwiri
* Atsikana ndi amayi ngakhale opilira zaka 40.
* Amayi amenene ali ndi HIV ndipo akumwa mankhwala kapena sanayambe kumwa mankhwala owonjezera chitetezo mthupi ( ARV)

**Osayenera Kumwa Mapiritsi A Mphamvu Imodzi Molingana Ndi Malamulo A Za**

**Kulera**

* Amayi a zaka zopitirira makumi asanu zakubadwa (50).
* Amayi amene sasangalala ndi kusintha kwa msambo wao.
* Amayi amene akusamba popanda chifukwa chodziwika.
* Amayi amene sayenera kuchembeza chifukwa cha matenda ena.
* Amayi oyiwalayiwala kapena amene sangathe kumwa mapiritsi pa zifukwa zina.
* Mai woyamwitsa mwana amene sanafike masabata asanu ndi imodzi (6) akubadwa.
* Amayi amene ali ndi mimba kapena akuganiziridwa kuti ali ndi mimba.
* Amayi amene magazi awo sagwirana msanga akavulala.
* Amayi amene ali ndi nthenda ya mtima kapena ali ndi mbiri ya matenda a mtima.
* Amayi omwe ali ndi chotupa m'bere.

**M'mene Tingawadziwire Oyenera Kulandira Mapiritsi A Mphamvu Imodzi**

Tigwiritse ntchito chikalata chomuyenereza mai kulandira njira ya maholomoni.

**Malangizo a kagwiritsidwe ntchito ka mapiritsi a mphamvu imodzi**

1. *Malangizo Kwa Mlangizi Wotengera Kulera Khomo Ndi Khomo*

* Sonyezani paketi popereka malangizo
* Mumuonetse poyambira kumwa pa paketi
* Mulangizeni tsiku loyambira kumwa mapiritsi mwa chitsanzo;

ngati wayamba kumwa lolemba ndiye kuti mzere uli wonse aziyamba patsiku lolemba.

* Mlangizeni kugwiritsa ntchito makondomu limodzi ndi mapiritsi a mphamvu imodzi:

- wangoyamba kumwa mapiritsi a paketi loyamba kwa masiku asanu ndi awiri.

- waiwala kumwa piritsi ngakhale tsiku limodzi kapena waiwala ndi maola atatu

- mai akusanza, kutsekula, kapena akumwa mankhwala ena amene amachepetsa mphamvu ya mapiritsiwa. (Ampicillin, Pheonobarbitron, Phentoin ndi mankwala a chifuwa chachikulu).

* Ngati mwana wafikitsa miyezi isanu ndi umodzi, kapena ngati mai waleka kuyamwitsa, musinthireni kunjira ya mapiritsi a mphamvu ziwiri, kapena mumpatse njira yina yolerera.

1. *Malangizo Kwa Olera:*

* Yambani kumwa piritsi loyamba, la paketi loyamba, pa tsiku limene mwalandira ndipo gwiritsani ntchito njira yolerera yothandizira kwa masiku asanu ndi awiri.
* Imwani piritsi tsiku liri lonse ndiponso nthawi yokhayokhayo mpakana muthe paketi ngakhale simukugonana ndi abambo.
* Ngati mwaiwala kumwa piritsi limodzi kapena mwachedwa ndi maola atatu kapena kupitirira, imwani piritsi loyiwalidwalo mukakumbukira ndipo mumwe piritsi linalo nthawi imene mumamwera tsiku lina liri lonse. Yambani tsiku lomwero kugwiritsa njira yolerera yothandizira kwa masiku asanu ndi awiri chifukwa simuli otetezedwa.
* Pitirizani kumwa mapiritsi enawo monga mwa nthawi zonse.
* Mukaiwala kumwa mapiritsi awiri motsatizana, chitani izi:

- imwani mapiritsi awiriwo mukangokumbukira

- imwani mapiritsi awiri mawa lake

- pitirizani kumwa mapiritsi enawo mwa nthawi zonse

- gwiritsani ntchito njira yolerera yothandizira kapena musagonane ndi

abambo mpaka masiku asanu ndi awiri kuti musakhale ndi mimba.

* Ngati mukudonthetsa kapena kusamba modabwitsa muzimwabe mapiritsiwo, izi zimachitika miyezi yochepa yoyambirira ngati muli panjira imeneyi.
* Ngati mukusambamo kwambiri kapena m'mimba mukuwawa kwambiri kaneneni kwa mlangizi wanu wotengera kulera khomo ndi khomo.
* Ngati mwatsekula m'mimba kapena mukusanza gwiritsani ntchito njira yolerera yothandizira kuyambira nthawi imene mwayamba kudwala mpakana patapita masiku asanu ndi awiri mutachira.
* Sungani mapiritsi anu pamalo obisika ndiponso osamalika.
* Sungani paketi yomwe mwatsiriza kumwa kuti mudzakasonyeze mlangizi wanu wotengera kulera khomo ndi khomo akadzakuyenderaninso.
* Mukapita ku chipatala chifukwa cha kudwala, uzani madokotala kuti muli kumwa mapiritsi a mphamvu imodzi olerera.
* Ngati mufuna kukhala ndi mimba siyani kumwa mapiritsi mutamaliza paketi imene mukumwa, ndipo muuzeni mlangizi wanu.
* Gwiritsani ntchito makondomu ngati mukuganiza kuti mutha kutenga matenda opatsirana munjira yogonana kuphatikizirapo edzi.

**Kaperekedwe ka mapiritsi olerera a mphamvu imodzi**

* Ulendo woyamba apatseni paketi imodzi.
* Ulendo wachiwiri ndi maulendo ena onse otsatira apatse mapaketi awiri.

**Zifukwa zotumizira mai ku chipatala**

Mutumizeni mai wolera kuchipatala kuti:

* Akamuyese mthupi.
* Akamuthandize ngati ali ndi zovuta zokhudza njirayi.
* Akamuthandize ngati ali ndi zovuta zina.

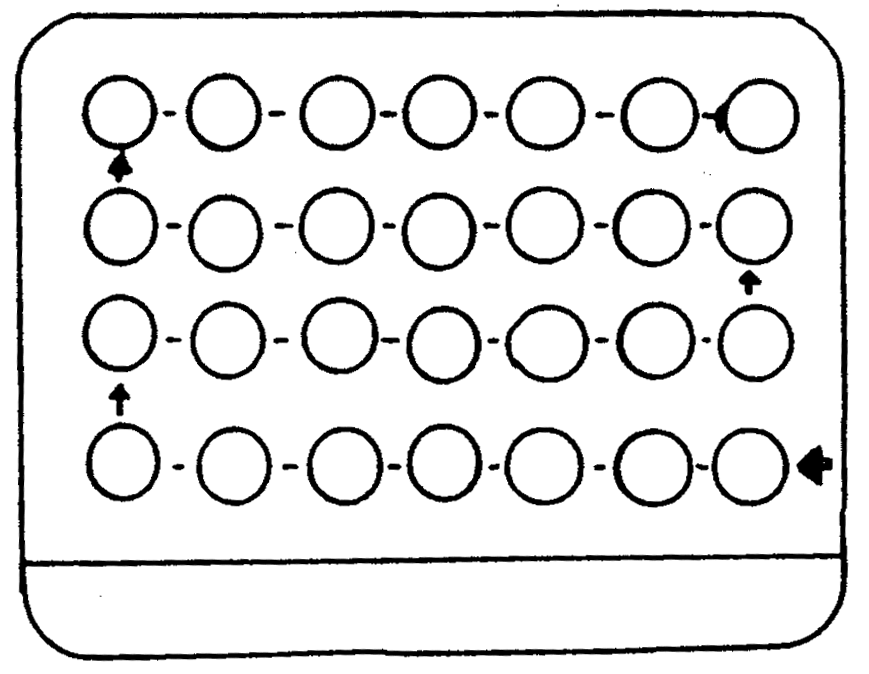
**Zovuta zimene zimachitika kwa amayi ena akamamwa mapiritsi a mphamvu**

**Imodzi**

* Kusamba kwambiri kapena mopitiriza
* Kudonthetsa
* Kusambamo mosayembekezera
* Litsipa
* Kunenepa
* Kusasamba

**Chizindikiro Choopsa**

* Kupweteka kwambiri m'mimba

**CHITHUNZI CHA MAPIRITSI A MPHAMVU IMODZI**

**MUTU 18**

**MAPIRITSI A MPHAMVU ZIWIRI**

***Nthawi Yophunzitsira: Mphindi 90***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

* + - 1. Kutanthauzira mau akuti mapiritsi a mphamvu ziwiri.
      2. Kutchula maholomoni omwe ali mumapiritsi a mphamvu ziwiri.
      3. Kufotokoza njira zitatu zimene mapiritsi a mphamvu ziwiri amagwirira ntchito kuti mai asatenge mimba.
      4. Kufotokoza kudalirika kwa mapiritsi a mphamvu ziwiri.

1. Kufotokoza ubwino usanu ndi umodzi wa mapiritsi a mphamvu ziwiri.
2. Kufotokoza kuipa kutatu kwa mapiritsi a mphamvu ziwiri.
3. Kulongosola amene ayenera kumwa mapiritsi a mphamvu ziwiri molingana ndimalamulo a zakulera m’Malawi.
4. Kulongosola amene syenera kumwa mapiritsi a mphamvu ziwiri molingana ndi malamulo a zakulera m’Malawi.
5. Kulongosola m’mene angawadziwire amai oyenera kulandila mapiritsi amphamvu ziwiri.
6. Kufotokoza malangizo kwa ogwiritsa ntchito mapiritsi a mphamvu ziwiri.
7. Kufotokoza m’mene angaperekere mapiritsi a mphamvu ziwiri kwa mayi/msungwana wolera.
8. Kutchula zifukwa zitatu zotumizira mayi wakumwa mapiritsi a mphamvu ziwiri ku sikero yolera.
9. Kutchula zovuta zisanu ndi ziwiri zimene zimachitika kwa amayi ena akamamwa mapiritsi a mphamvu ziwiri.
10. Kutchula zizindikiro zisanu zoopsa za mapiritsi a mphamvu ziwiri

**KONTENTI**

**Tanthauzo La Mau Akuti Mapiritsi A Mphamvu Ziwiri**

Ndi mapiritsi olerera a maholomoni awiri amene mai msungwana amamwa tsiku ndi tsiku kuti asatenge mimba monga mikologayinoni

**Maholomoni Amene Amapezeka Mu Mapiritsi A Mphamvu Ziwiri**

Maholomoni awiriwa ndi Esitolojeni ndi Polojesitini.

**M'mene Mapiritsi A Mphamvu Ziwiri Amagwirira Nchito Kuti Mai Asatenge Pakati**

* Amaletsa dzira la mai kukhwima.
* Amapangitsa chikazi kuti chikhale cholimba ndiye mbewu ya abambo siimatha kulowa kapena kudutsa pa khomo la chiberekero.
* Mkati mwa chiberekero mumakhala mosakhonzekera kutenga mimba .

**Kudalirika kwa mapiritsi a mphamvu ziwiri**

* Mwa amayi 100 amene akugwiritsa ntchito njirayi ndi amayi 92-99.7 amene sangatenge pakati.

**Ubwino wa mapiritsi a mphamvu ziwiri**

* Ndi odalirika.
* Chiteta (kuwawa m'mimba mai akakhala mumsambo) chimachepa.
* Msambo umachepa ndipo mayi amakhala ndi magazi okwanira
* Amachepetsa matenda a kansa ya muchiberekero.
* Njirayi siyisokoneza chikondi ngati bambo ndi mai akufuna kugonana.
* Mantha okhala ndi mimba sakhalapo ndipo banja limakhala lomasuka kugonana nthawi iri yonse akafuna, izi zimabweretsa chikondi pakati pa awiriwo.

**Kuipa kwa mapirisia mphamvu ziwiri:**

* Mai ayenera kumwa mapiritsi tsiku ndi tsiku.
* Mkaka umachepa m'mawere.
* Sateteza ku matenda opatsirana pogonana kuphatizikapo Edzi.

**Oyenera Kumwa Mapilitsi A Mphamvu Ziwiri Molingana Ndi Malamulo A Za Kulera**

**m'Malawi:**

* Atsikana ndi amayi amene ali pa msinkhu obereka,
* Atsikana / amayi amene amasuta fodya ngati ali ndi zaka zochepera 35
* Amayi amene sanaberekepo
* Amayi osakwatiwa.
* Amayi amene apititsa padera kapena otaya mimba.
* Ali ndi magazi ochepa kapena anathapo magazi
* Amayi amene ali ndi mitsempha yothupa kuseli kwa miyendo.
* Mai amene amafuna njira yodalirika.
* Mai amene ali ndi mwana wopitirira miyezi isanu ndi umodzi ya kubadwa.
* Mai amene ali ndi magazi ochepa.
* Mai wachiteta.
* Amene ali ndi kachilombo ka HIV kapena ali pa mankhwala

**Osayenera kumwa mapiritsi a mphamvu ziwiri molingana ndi malamulo a za**

**kulera m'Malawi.**

* Mai wopitilira zaka 35 wosuta fodya
* Wabereka koma sakuyamwitsa milungu itatu isanathe.
* Mai/msungwana amene amayiwala pafupipafupi (Chibazi).
* Mai/msungwana amene ali ndi mwana wosakwana miyezi isanu ndi umodzi ya kubadwa.
* Mai/msungwana amene amasuta pafupipafupi (kupitilira ndudu 40 pa tsiku).
* Mai/msungwana amene ali ndi mimba kapena tikuwakayikira kuti mwina ali ndi mimba.
* Mai/msungwana amene ali ndi matenda a magazi oti akadzipweteka magazi sasiyirapo kutuluka.
* Amai/msungwana a matenda a mtima.
* Amai/msungwana omwe ali ndi matenda a chikasu kapena a chiwindi.
* Amai/msungwana omwe ali ndi matenda othamanga magazi.
* Amai/msungwana omwe ali ndi matenda a chifuwa chachikulu, shuga kapena khunyu.
* Amai/msungwana omwe ali ndi mitsempha yotupa.
* Amai/msungwana amene sayenera kutenga mimba chifukwa cha matenda ena.

**M'mene mungawadziwire oyenera kulandira mapiritsi a mphamvu ziwiri**:

Gwiritsani ntchito chikalata chomuyenereza mai kulandira mapiritsi a ma holomoni.

**Malangizo ogwiritsira ntchito mapiritsi a mphamvu ziwiri.**

1. *Malangizo Kwa Mlangizi:*

* Apatseni amayi paketi limodzi la mankhwala tsiku loyamba.
* Muwawonetse paketi uku mukuwafotokozera kamwedwe.
* Muwonetseni pamene akayambire.
* Mumuwuze kuti mzere womaliza ndi mapiritsi owonjezera magazi.
* Muwauze tsiku limene ayambe kumwa mapiritsi. Ngati liri lolemba, ndiye kuti aziyamba mzere wina uli wonse lolemba.
* Mpatseni makondomu malingana ndi dongosolo loperekera njira zolerera.
* Mpempheni wolera kuti abwereze malangizo m'mau ake ndipo m'mene walephera kufotokoza bwino onjezerani.

1. *Malangizo Kwa Olera:*

* Ayambe kumwa mapiritsi tsiku lomwelo, ndipo agwiritse ntchito kondomu kapena kwa sabata imodzi.
* Azimwa piritsi limodzi tsiku lirilonse ngakhale asagonane ndi mwamuna.
* Ngati wayiwala piritsi limodzi amwe nthawi yomwe wakumbukira ndipo amwe piritsi la tsikulo pa nthawi yake yomwera, apitilize kumwa enawo.
* Ngati waiwala kumwa mapilitsi awiri:
* amwe mapiritsi awiri nthawi yomwe wakumbukira.
* amwenso mapiritsi awiri tsiku lotsatira.
* kenako azimwa piritsi limodzi tsiku liri lonse monga mwa nthawi zonse.
* kudziteteza kwake agwiritse ntchito makondomu mpaka masiku asanu ndi awiri kapena wosagonana ndi abambo masiku asanu ndi awiri
* Ngati waiwala mapiritsi atatu kapena kupitirira
* amwe mapiritsi awiri tsiku ndi tsiku mpaka afike papiritsi la tsikulo.
* agwiritse ntchito makondomu kapena kapena
* asagonane ndi abambo mpaka ataona msambo wina.
* Ngati awone vuto abwere kwa mlangizi.
* Asunge mapiritsi pa malo abwino ouma.
* Asunge paketi lakutha kuti adzaonetse mlangizi.
* Ngati angapite kuchipatala kuti wadwala, awauze a dotolo kuti akumwa mapiritsi a mphamvu ziwiri.
* ngati akusanza kapena akutsegula m'mimba agwiritse ntchito kondomu, kapena kuyambira tsiku limene mwayamba kudwala mpakana patapita masiku asanu ndi awiri mutachira.

**Kaperekedwe ka mapiritsi**

* ulendo woyamba mpatseni paketi limodzi.
* ulendo wachiwiri ndi maulendo ena onse otsatira mpatseni mapaketi awiri.

**Zifukwa zotumizira mai kusikelo ya za kulera.**

* akayesedwe m'thupi.
* akamuthandize ngati pali zovuta zokhudzana ndi njirayi.
* akamuthandize ngati pali zovuta zina.

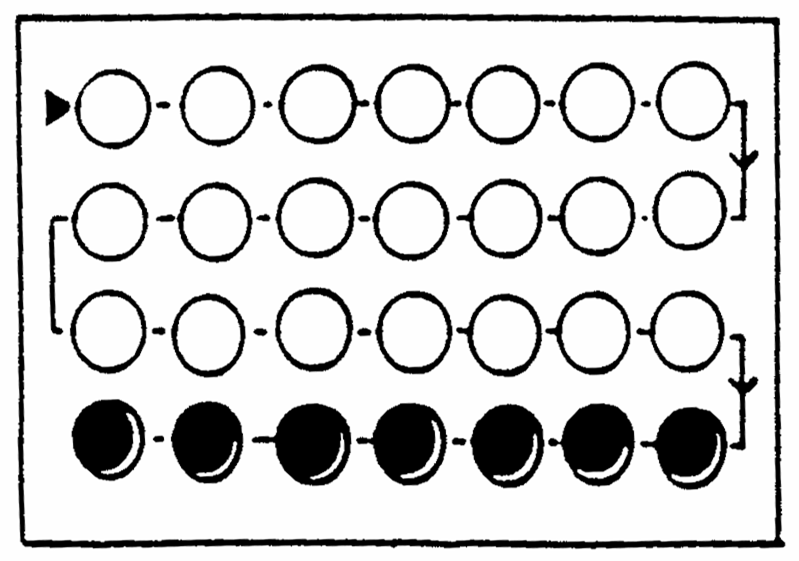
**Zovuta zimene zimachitika kwa amayi ena akamwa mapiritsi amphamvu ziwiri:**

* amamva mseru.
* amanenepa.
* mawere amawawasa.
* amadontheza posamba.
* ena sasamba.
* Mtima umathamanga.
* amachita chizungulire.
* Mutu umapweteka

**Zizindikiro zoopsa**

* kupweteka kwambiri m'mimba.
* kupweteka kwambiri m'chifuwa.
* mutu waching’alang'ala.
* kusawona bwino.
* kupweteka kwambiri akatumba ndi m'ntchafu.

**CHITHUNZI CHA MAPIRITSI A MPHAMVU ZIWIRI**



**MUTU 19**

**KAGWIRITSIDWE NTCHITO KA CHIKALATA CHOMUYENEREZA (Cheki lisiti) OLERA KULANDIRA NJIRA YA MAHOLOMONI**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti chikalata chomuyenereza wolera kulandira njira ya maholomoni.

2. Kufotokoza kufunika kwa chikalata chomuyenereza wolera kulandira njira ya maholomoni.

3. Kutchula nthawi imene chikalata chomuyenereza wolera kulandira njira ya maholomoni chingagwiritsidwe ntchito.

4. Kufotokoza kagwiritsidwe ntchito ka chikalata chomuyenereza wolera kulandira njira ya maholomoni.

5. Kuonetsa luso pogwiritsa ntchito chikalata chomuyenereza wolera kulandira njira ya maholomoni.

**KONTENTI**

**Tanthauzo La Mau Akuti Chikalata Choyenereza Wolera Kulandira Njira Ya Maholomoni**

Ndi chikalata chomwe chinalembedwa kuti chithandize alangizi wotengera kulera khomo ndi khomo kudziwa anthu omwe ayenera kugwiritsa ntchito njira ya maholomoni monga mapilitsi akumwa.

**Kufunika kwa Chikalatachi**

* Ndi njira yokhayo imene mlangizi angathe kudziwira ngati nkosaopsa kuti munthu agwiritse ntchito njira ya maholomoni
* Chimathandizanso mlangizi kudziwa olera amene ayenera kutumizidwa ku sikelo ya zakulera

**Nthawi Imene Chikalata Chomuyenereza Olera Kulandira Njira Ya Maholomoni Chingagwiritsidwe Ntchito**

**Gwiritsani ntchito chikalatachi pamene:**

* Wolera wavomereza kugwiritsa ntchito njira ya maholomoni.
* Wolera akufuna kuyambiranso kugwiritsa ntchito njira ya mahomoni.
* Wolera akusintha njira kuti ayambe.njira ya mahomoni.
* Nthawi iri yonse imene mlangizi akupereka njirai ya mahomoni kwa olera.
* Mlangizi akupereka njira ya mahomoni kwa wolera wopitiliza yemwe sakumudziwa.

**Kagwiritsidwe Ntchito Ka Chikalatachi (cheki lisiti)**

* Mlangizi afunse mafunso onse omwe ali pa chikalatachi ndipo achonge mayankho kumanja kwa chikalatachi.
* Mlangizi achonge mayankho akuti ayi mkabokosi kamene kali m'munsimwa mau akuti "ayi "
* Mlangizi achonge mayankho akuti "inde" mkabokosi kamene kali m'munsi mwa mau akuti "inde".
* Ngati yankho lina lirilonse liri "inde" kapena mlangizi akupenekera, wolerayo asapatsidwe mapiritsi.
* Ngati mayankho onse ali "ayi" mlangizi atha kumupatsa wolerayo mapiritsi.

**Kuwonetsa Luso Pogwiritsa Ntchito Chikalata (Cheki Lisiti)**

**Malangizo kwa aphunzitsi**

* Onetsani luso la kagwiritsidwe ntchito ka chikalata chomuyenereza wolera kulandira njira ya maholomoni .
* Mphunzitsi asankhe wophunzira m'modzi kuti akhale ngati wolera ndipo mphunzitsiyo akhale ngati mlangizi. Pogwiritsa ntchito chikalatachi mphunzitsiyo ndi ophunzirayo ayeseze momwe zimayenera kukhalira pogwiritsa ntchito chikalatachi.
* Mlangizi apemphe ophunzira awiri kuti abwereze chisonyezocho. Ophunzira ena onse aonetsetse pamene izi zikuchitika. Chisonyezocho chikatha, mphunzitsi afunse ophunzira amene amachita chisonyezocho kuti afotokoze m'mene chayendera. Kenako mphunzitsi afunse ophunzira onse kuti anene m'mene awonera chisonyezocho. Pomaliza mphunzitsi aperekenso maganizo ake.
* Mphunzitsi auze ophunzira onse kuti akayesere kangapo kugwiritsa ntchito chikalatachi akaweruka.

**NDONDOMEKO YOMUYENEREZA MAI KULANDIRA NJIRA YA MAHOLOMONI**

**Mafunso**

***Inde Ayi***

1. Munadwalapo mutu waching’alang’ala? [ ] [ ]
2. Munadwalapo khunyu (Chifufu)? [ ] [ ]
3. Munadwalapo nthenda yachikasu? [ ] [ ]
4. Munakhalapo ndi zotupa zam’mawere? [ ] [ ]
5. Munamvapo kupweteka kwa m'chifuwa ndipo mumalephera kupuma? [ ] [ ]
6. Mumamva befu mukamayenda kapena kugwira ntchito pang'ono? [ ] [ ]
7. Munadwalapo nthenda ya shuga? [ ] [ ]
8. Munadwalapo nthenda yothamanga magazi? [ ] [ ]
9. Mumataya magazi pamene mwakhala malo amodzi ndi bambo?

[ ] [ ]

1. Kodi mumasamba kawiri-kawiri pa mwezi kapena kudumphitsa? [ ] [ ]
2. Kodi mwezi watha wakupitani? [ ] [ ]
3. Kodi mukuganiza kuti muli ndi mimba [ ] [ ]
4. Kodi muli ndi mitsempha yotupa kuseli kwa miyendo? [ ] [ ]

**MUTU 20**

**KONDOMU YA ABAMBO**

***Nthawi Yophunzitsira: Mphindi 90***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kondomu ya abambo.
2. Kufotokoza mmene kondomu ya abambo imagwirira ntchito.
3. Kufotokoza kudalirika kwa kondomu ya abambo.
4. Kufotokoza ubwino wogwiritsa ntchito kondomu ya abambo.
5. Kufotokoza zovuta zina za kondomu ya abambo.
6. Kutchula woyenera kugwiritsa ntchito kondomu ya abambo molingana ndi malamulo a za kulera m’Malawi.
7. Kutchula amene sangathe kugwiritsa ntchito kondomu ya abambo molingana ndi malamulo a za kulera m’Malawi.
8. Kulongosola malangizo a kagwiritsidwe ntchito ka makondomu a abambo.
9. Kusonyeza luso la kavalidwe ndi kavulidwe ka kondomu ya abambo.

**KONTENTI**

**Tanthauzo La Mau Akuti Kondomu Ya Abambo**

Ndi kathumba kamphira kopyapyala komwe abambo/anyamata amaveka mbolo yawo ikatota kuti apewe kupereka mimba kapena kupewa matenda opatsirana pogonana.

**M'mene Kondomu Ya Abambo Imagwirira Ntchito**

* Imaletsa kukhudzana pakati pa mbolo ndi nyini pakutero umuna sumafika mu nyini. Izi zimateteza amayi kutenga mimba.
* Kusakhudzana kwa mbolo ndi nyini kumateteza kupatsirana tizirombo toyambitsa matenda opatsirana pogonana.

**Kudalirika Kwa Kondomu Ya Abambo**

* Mwa abambo 100 amene amagwiritsa ntchito kondomu moyenerera pa chaka chimodzi, ndi abambo 85 - 98 amene sangapereke mimba kapena matenda opatsirana pogonana.
* Pafupifupi onse ogwiritsa ntchito kondomu ndi mapiritsi olerera amatetezedwa kutenga mimba.

**Ubwino wogwiritsa ntchito kondomu ya abambo**

* Imateteza kutenga mimba yosaifuna, ngati igwiritsidwa ntchito bwino.
* Imateteza kumatenda opatsirana pogonana kuphatikizapo HIV ngati igwiritsidwa ntchito bwino nthawi zonse pamene anthu agonana.
* Ndi yosavuta kugwiritsa ntchito.
* Imalimbikitsa amuna kutenga mbali pa zolera.
* Abambo amene ali ndi vuto lothira msanga umuna imawathandiza kuti achedwe kuthira.
* Amene angathe kugwiritsa ntchito ndi aliyense wokwatira, am’mphala, a chinyamata ndi okalamba.
* Yosakwera mtengo.
* Imathandiza kuteteza kansa yapa khosi pa chiberekero.
* Imapezeka mosavuta kuzipatala ndi malo ogulitsira malonda.
* Imapezeka kwa alangizi otengera kulera khomo ndi khomo.
* Ilibe zovuta zambiri.

**Zovuta Zina Za Kondomu Ya Abambo**

* Imasokoneza chikondi pogonana.
* Mpira umawenga anthu ena.
* Anthu ena amadandaula kuti akagwiritsa ntchito kondomu samva kukoma pogonana.
* Bambo ayenera kuvala kondomu yatsopano nthawi iri yonse imene akugonana.

**Woyenera Kugwiritsa Ntchito Kondomu Molingana Ndi Malamulo A Za Kulera m'Malawi**

* Mwamuna ali yense wa msinkhu wobereka.
* Anthu amene akufuna njira yogwirira ntchito nthawi yomweyo.
* Pamene mai waiwala kumwa mapiritsi olerera.
* Anthu amene amagonana mwa kamodzikamodzi.
* Anthu amene akudikira kulandira njira yolerera yodalirika kwambiri.
* Anthu amene akufunitsitsa kupewa matenda opatsirana pogonana.
* Anthu amene akufuna kuwonetsetsa kuti alibe mimba asanatenge njira yodalirika.
* Amuna amene ali ndi vuto lothira umuna mwansanga.

**Amene Sangathe Kugwiritsa Ntchito Kondomu Ya Abambo Molingana Ndi Malamulo A Za Kulera**

* Banja lodzisunga lofuna kugwiritsa ntchito njira yowayenera.
* Anthu amene safuna kusokoneza chikondi povala kondomu asanagonane.
* Amuna amene satota mokwanira akavala kondomu.
* Anthu amene amawengedwa ndi mphira.

**Malangizo Akagwiritsidwe Ntchito Ka Kondomu Ya Abambo**

1. *Malangizo Kwa Alangizi:*

* Olera apatsidwe makondomu makumi awiri (20) nthawi iri yonse imene akuwafuna.
* Sonyezani wolera kavalidwe ka kondomu pa chidole cha mbolo yosema/youmba.
* Sungani makondomu patali ndi dzuwa, kuwala komanso chinyontho (makondomu asasungidwe m'bolosa/mthumba pafupi ndi thupi).
* Makondomu amatha mphamvu pakapita zaka zisanu kuchokera pa chaka chomwe adapangidwira kapena kuchepera zaka zisanu ngati sanasungidwe malo oyenera.
* Olera afunsidwe kuti abwereze zokambirana zonse zofunika ndi cholinga choti mlangizi atsimikize kuti wolera wamvetsetsa kagwiritsidwe ntchito ndi kasungidwe ka makondomu.
* Perekani malangizo olembedwa ngati alipo.

1. *Malangizo Kwa Olera*

* Sambani m’manja
* Onetsetsani kuti chikutiro cha kondomu ndi chosabooka.
* Tulutsani kondomu m’chikutiro chake.
* Onani tsiku limene kondomu izathe mphamvu
* Chotsani mpweya kunsonga ya kondomu musanayambe kuvala.
* Ngati kondomu iribe ka mchombo kunsonga, siyani kampata ka theka la inchesi kuti mugwere umuna.
* Ngati abambo sanachitidwe m’dulidwe, psyotolani mbolo musanayambe kuvala kondomu.
* Valani kondomu pa mbolo yotota isanakhudze bumbuPovala kondomu onetsetsani kuti nkhata iri kubwalo..
* Ikani mphako ya kondomu pa nsonga ya mbolo ndipo tambasulani nkhata mpaka itafika mu tsinde mwa mbolo.
* Osagwiritsa ntchito mafuta ali onse chifukwa amang’amba kondomu.
* Bambo akangothira asadikire kuti mboloyo ifotere mu nyinimo.
* Pochotsa agwire kukamwa kwa kondomu ndi ka nsaru kapadera kupewa kuti mbeu ya bambo ingakhuthukire mu nyini komanso kupewa kungwira chikazi kuchokera kwa amayi
* Kondomuyo aikulunge mpepala.
* Ngati mumagwiritsa ntchito kansalu kopukutirana, onetsetsani kuti aliyense agwiritse ntchito nsalu yopukutira yake-yake.
* Mukatha zonse sambani m’manja ndi sopo
* Musabwereze kugwiritsa ntchito kondomu imodzi.
* Kusamalira ndi kusunga ma kondomu.
* Makondomu ena amakhala ataikidwa kale mafuta koma ngati sanayikidwe, madzi chabe atha kugwiritsidwa ntchito. Chonde osayika mafuta pogwiritsa ntchito kondomu.
* Ngati makondomu asungidwa pafupi ndi thupi, chifundizi chitha kuononga makondomu.
* Ngati asungidwa m’malo ozizira, a m’dima ndi ouma, amatha kukhala zaka zisanu asanaonongeke.

**Katayidwe Ka Makondomu**

* Tayani makondomu mosamala kuopa kufalitsa matenda
* Tenthani makondomu mukatha kugwiritsa ntchito kapena tayani m'chimbudzi chokumba.
* Ndipo sambani m'manja ndi sopo mukatha zonse.

**CHITHUNZI CHA KONDOMU YA ABAMBO**



**MUTU 21**

**KONDOMU YA AMAYI**

***Nthawi Yophunzitsira: Mphindi 90***

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kondomu ya amayi.

2. Kufotokoza m’mene kondomu ya amayi imagwirira ntchito.

3. Kufotokoza kudalirika kwa kondomu ya amayi.

4. Kunena ubwino wogwiritsa ntchito kondomu ya amayi.

5. Kunena kuipa kwa kondomu ya amayi.

6. Kutchula woyenera kugwiritsa ntchito kondomu ya amayi molingana ndi malamulo a za kulera m’Malawi.

7. Kutchula amene sayenera kugwiritsa ntchito kondomu ya amayi molingana ndi

malamulo a za kulera m’Malawi.

1. Kunena malangizo a kagwiritsidwe ntchito ka makondomu a amayi kwa mlangizi

ndi olera.

9. Kusonyeza luso la kavalidwe ndi kavulidwe ka kondomu ya amayi.

**KONTENTI**

**Tanthauzo La Mau Akuti Kondomu Ya Amayi**

Ndi kathumba kopyapyala ka mphira kozungulira kutsinde ndi kukamwa.

**M'mene Kondomu Ya Amayi Imagwirira Ntchito**

* Imaletsa umuna kulowa mu nyini pakutero imateteza amayi kutenga mimba.
* Imaletsa kukhudzana kwa mbolo ndi nyini pakutero imateteza matenda opatsirana kuphatikizapo HIV/Edzi pakati pa anthu amene akugonana.

**Kudalirika Kwa Kondomu Ya Amayi**

Mwa amayi 100 amene amagwiritsa ntchito kondomuyi moyenerera pa chaka chimodzi ndi amayi 79 - 95 amene sangatenge mimba.

**Ubwino Wogwiritsa Ntchito Kondomu Ya Amayi**

* Imagwira ntchito yoteteza kutenga mimba ndi matenda opatsirana pogonana nthawi yomweyo imene mukugwiritsira ntchito njirayi
* Siisokoneza mayiyo kuyamwitsa mwana mkaka wa m'mawere
* Imateteza amayi kutenga mimba podikirira kuti njira yodalirika iyambe kugwira ntchito mthupi la mayi.
* Iribe zovuta zambiri.
* Siirira kuti munthu alembedwe chikalata chokatengera kapena kugula makondomu.
* Ndi njira yokhayo ya amayi imene imateteza kumatenda opatsirana pogonana
* Imathandiza kuteteza kansa ya khomo lachiberekero.
* Mayi amakhala ndi mpamvu yolamulira kuti avale kondomu ngakhale wogonana naye sakukondweletsedwa

**Kuipa Kwakondomu Ya Amayi**

* Ndiyokwera mtengo.
* Zimamutengera nthawi mayi kuti avale ndi kuvula bwinobwino.
  + Ndi yosadalilika kwenikweni.

**Woyenera Kugwiritsa Ntchito Kondomu Molingana Ndi Malamulo A Za kulera m'Malawi:**

* Amayi/asungwana onse a msinkhu wobereka.
* Amayi/asungwana amene akufuna kudziteteza kutenga mimba pa nthawi yomwe akugonana.
* Amayi/asungwana amene akufuna kupewa matenda opatsirana pogonana ngakhale akugwiritsira ntchito njira zina zoteteza kutenga mimba.
* Amene akufuna kudziteteza kutenga mimba podikirira kuti njira yodalirika imene akugwiritsa ntchito iyambe kugwira ntchito m'thupi lawo.
* Amayi/asungwana amene sagonana ndi mwamuna pafupipafupi.
* Amayi/asungwana amene iwo kapena mwamuna wao amagonana ndi ena.

**Amene Sayenera Kugwiritsa Ntchito Kondomu Ya Amayi Molingana Ndi Malamulo A**

**Za Kulera m'Malawi**

* Amayi kapena mwamuna amene amawengedwa ndi mphira
* Anthu amene safuna kutsatira malangizo a kagwiritsidwe ntchito ka kondomu
* Amayi/asungwana opunduka munyini.

**Malangizo Akagwiritsidwe Ntchito Ka Kondomu Ya Amayi**

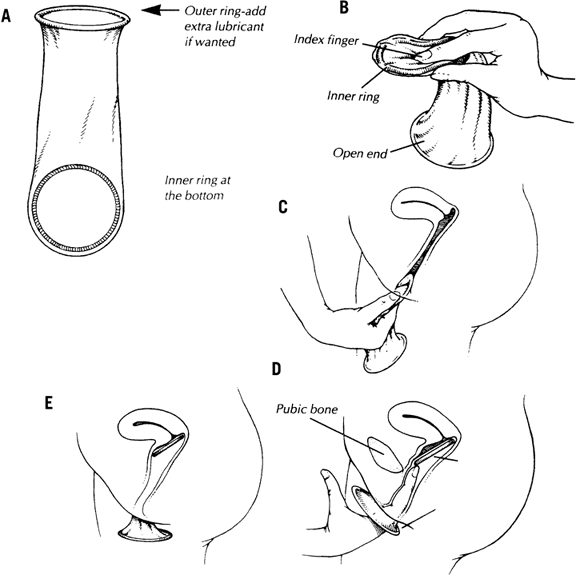
*Malangizo Kwa Olera:*

Povala kondomu ya amayi tsatirani izi:

* Sambani m'manja
* Onetsetsani kuti kondomuyi iribe zibowo posisita kondomuyi
* Onani tsiku limene kondomu izathe mphamvu
* Mungathe kulowetsa kondomuyi
* choimirira mwendo umodzi mutayimika pa mpando
* chokhala koma mutaimitsa maondo
* chogona koma mutaimitsa miyendo
* Sisitani kondomu yanu kuti mafuta alowelane mofanana (qqqq)
* Tsegulani kondomu
* Tsegulani nyini yanu
* Kankhirani kondomu mkati mpaka mufike pamapeto
* Onetsetsani kuti kondomuyi yalowa mosapindika.
* Lowetsani mbolo ya amene mukugonana naye mkati mwa kondomuyi.
* Mukatha kugonana, muchotse kondomuyi musanaimirire pofinya ndi kupotokola nkombero wa kukamwa kwa kondomu imene iri pa khomo la nyini ndi kuyitulutsa.
* Gwiritsani ntchito kondomu ya amayi kamodzi kokha osaibwereza.

Dziwani izi: Mungathe kuvaliratu kondomu ngati mukuona kuti mugwa mu vuto logwiriridwa kapena mwamuna akukana kugwiritsa ntchito kondomu.

**CHITHUNZI CHA KONDOMU YA AMAYI**



**MUTU 22**

**NJIRA YOLERERA YOYAMWITSA**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti njira yolerera poyamwitsa mkaka wa m’mawere.

2. Kufotokoza zomwe zimachitika nthawi yoyamwitsa.

3. Kufotokoza m’gwirizano omwe ulipo pakati pa kusasamba mai ali kuyamwitsa ndi kusatenga mimba.

4. Kutchula MFUNDO zitatu zomuyenereza mai kugwiritsa ntchito njira yolerera yoyamwitsa mkaka wa m’mawere.

5. Kutchula kutalika kwa nthawi yomwe mai angagwiritse ntchito njira yolerera yoyamwitsa mkaka wa m’mawere.

6. Kufotokoza kudalirika kwa njira yolerera poyamwitsa mkaka wa m’mawere.

7. Kufotokoza ubwino usanu wogwiritsa ntchito njira yolerera poyamwitsa mkaka wa m’mawere.

8. Kufotokoza kuipa kusanu kwa njira yolerera yoyamwitsa mkaka wa m’mawere.

9. Kutchula amene angagwiritse ntchito njira yolerera yoyamwitsa mkaka wa m’mawere molingana ndi malamulo a za kulera m’Malawi.

10. Kutchula amene sangagwiritse ntchito njira yolerera yoyamwitsa mkaka wa m’mawere molingana ndi malamulo a za kulera m’Malawi.

11. Kufotokoza zovuta zisanu ndichimodzi zimene zingasokoneze njira yolerera poyamwitsa mkaka wa m’mawere.

12. Kufotokoza udindo utatu wa mlangizi wotengera kulera khomo ndi khomo panjira yolerera poyamwitsa mkaka wa m’mawere.

**KONTENTI**

**Tanthauzo La Njira Yolerera Poyamwitsa Mkaka Wa M'mawere**

Iyi ndi njira yolerera yachilengedwe imene imagwira ntchito pamene mai akuyamwitsa mwakathithi mwana wochepera miyezi isanu ndi umodzi ndipo sanamusambire.

**Dziwani Izi:**

Ngakhale sichiri cha chilendo kutsata njira yolerera poyamwitsa mkaka wa m'mawere, tsopano pali umboni okwanira wotsimikizira kuti njirayi ndi yodalirika kwa kanthawi malingana ngati zoyenera zake zakwaniritsidwa.

**Zomwe Zimachitika Nthawi Yoyamwitsa**

Holomoni yotchedwa pololakitini ndi yofunika chifukwa imabweretsa mkaka m'mawere.

Poyamwitsa mulingo wa homoniyi umakwera m'thupi. Mulingo wa homoniyi ukakwera

umapangitsa kuti mai asasambe kapena kutenga mimba.

**M'gwirizano Omwe Ulipo Pakati Pa Kusasamba Mayi Akuyamwitsa Ndi Kusatenga Mimba**

Pamene mai akuyamwitsa, msambo usanayambe mazira sakhwima choncho mai sangatenge mimba. Amayi ambiri amakhala osasambamo ndipo sangathe kutenga mimba malingana mwana akuyamwa bere lokha osati chakudya china kapena madzi ndipo ali wochepera miyezi isanu ndi umodzi yakubadwa.

**Zomuyenereza Mayi Kugwiritsa Ntchito Njira Yolerera Poyamwitsa Mkaka Wa M'mawere**

* Mwana akhale wochepera miyezi isanu ndi umodzi
* Mayi akhale asanamusambire
* Mwana akhale akuyamwa bere pafupipafupi usiku ndi usana.

**Kutalika Kwa Nthawi Yomwe Mai Angagwiritse Ntchito Njira Yolerera Yoyamwitsa Mkaka Wa M'mawere**

Njira yolerera poyamwitsa mkaka wa m'mawere ndiyodalirika kwa miyezi isanu ndi umodzi kuchokera panthawi yomwe mayi wabereka.

**Kudalirika Kwa Njira Yolerera Poyamwitsa Mkaka Wa M'mawere**

Mwa amayi 100 amene akugwiritsa ntchito njira yolerera poyamwitsa mkaka wa m'mawere amayi 98 sangatenge mimba.

**Ubwino Wa Njira Yolerera Poyamwitsa**

* Ndiya chilengedwe
* Ndi yodalirika.
* Yimapezeka mosavuta ndipo siivuta kuyitsata.
* Ndi yaulere.
* Chitetezo chotenga mimba chimayamba mwana atangobadwa.

**Ubwino Wina**

* Mu mkaka wa m'mawere muli chakudya chokwanira ndi choyenera kwa mwana.
* Kuyamwitsa kumateteza mwana ku matenda monga otsegula, a mphenga ndi ena otero.
* Njirayi imapitiriza chikondi pakati pa mai ndi mwana.
* Ndi yovomerezeka pa chikhalidwe ndi mipingo yomwe.
* Mwana amakula bwino.

**Kuipa Kusanu Kwa Njira Yolerera Poyamwitsa Mkaka Wa M'mawere**

* Siiteteza ku matenda opatsirana pogonana kuphatikizapo HIV/Edzi.
* Mphamvu ya kulera imachepa m'thupi mwana akamayamwa mochepa chifukwa cholandira zakudya zina kapena matenda pakapita miyezi isanu ndi umodzi mwana atabadwa.
* Siyodalirika ngati msambo wa mai wayamba kubwera.
* Siyodalirika pokhapokha MFUNDO zitatu zomuyenereza mai zitakwaniritsidwa.

**Amene Ayenera Kugwiritsa Ntchito Njira Yolerera Poyamwitsa Mkaka Wa M'mawere Malingana Ndi Malamulo**

* Amayi amene ali wokonzeka ndipo angathe kuyamwitsa pafupipafupi usiku ndi usana.
* Mai amene ali ndi mwana wosakwana miyezi isanu ndi umodzi ndipo sanamusambire.

**Amene Sangathe Kugwiritsa Ntchito Njira Yolerera Poyamwitsa Mkaka Wa M'mawere Malingana Ndi Malamulo**

* Amayi amene sali okonzeka kuyamwitsa pafupipafupi, usiku ndi usana.
* Amayi omwe mwana wawo sayamwa pafupipafupi.
* Amayi amene mwana wawo amagona nthawi yaitali usiku onse.
* Amayi amene mwana wawo wayamba kudya zakudya zina.
* Amayi amene amsambira mwana wawo.
* Amayi amene mwana wawo wakwanitsa miyezi isanu ndi umodzi ya kubadwa.
* Amayi amene sayenera kutenga mimba pa zifukwa za matenda.

**Kagwiritsidwe Ntchito Ka Njira Yolerera Yoyamwitsa**

* Mayi ayamwitse mwana nthawi iri yonse.
* Nthawi zonse awone kuti m’manja mwake ndi bere lake ndi zaukhondo.
* Akhale malo omwe iye ndi mwana sangasokonezedwe poyamwa kapena poyamwitsa.
* Acheze naye mwana asanamuike kubere monga kumujowetsa, kumuyankhulitsa, kumuseketsa kuti mwana akhale wokonzeka kuyamwa
* Alowetse nkhumbu yonse ndichakuda cha bere lake mkamwa mwa mwana kuti isachite zilonda komanso kuti mkaka uzituluka wokwanira
* Ayambe kuyamwitsa bere lomwe analekezera poyamba kenako kupita kubere lina kuti nthawi zonse mkaka uzitha m’bere liri lonse.

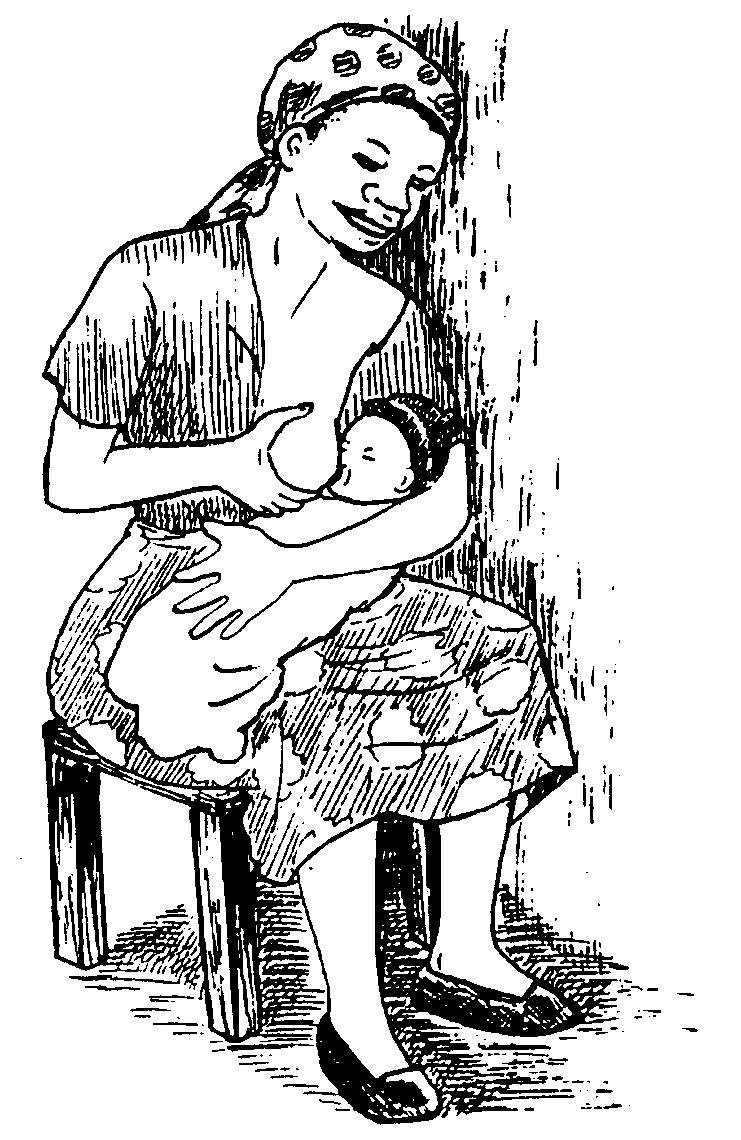
**Zovuta Zimene Zingasokoneze Njira Yolerera Poyamwitsa Mkaka Wa M'mawere**

* Kutalika kwa nthawi pakati poyamwitsa.
* Amayi a pantchito sapeza mpata woyamwitsa.
* Ngati mwana akulandira chakudya china kuwonjezera pa mkaka wa m'mawere.
* Amayi amene ali ndi vuto la nkhumbu poyamwitsa.
* Amayi opanda chidwi ndi osasangalatsidwa ndi njira iyi.
* Kusadziwa kuyika bwino mwana kubere.
* Amayi amene akumwa mankhwala ochepetsa mkaka m'mawere.
* Mwana akamapanda kumaliza mkaka m'mawere.

**Udindo Wa Mlangizi Otengera Kulera Khomo Ndi Khomo Panjira Yolerera Poyamwitsa Mkaka Wa M'mawere**

* Kulimbikitsa amayi kuyamwitsa mwana bere lokha osati chakudya china kapena madzi mpakana atakwanitsa miyezi isanu ndi umodzi.
* Kutsimikizira amayi kuti mkaka wa m'mawere ndicho chakudya chokha choyenera kwa mwana akangobadwa mpakana miyezi isanu ndi umodzi kapena isanu ndi umodzi.
* Atsimikizireni amayi kuti mawere amapereka mkaka okwanira angakhale akhale aakulu kapena aang'ono. Ndi choyenera kuyamwitsa mwana nthawi ili yonse akafuna kuyamwa.

**NJIRA YOLERERA YOYAMWITSA**

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**MUTU 23**

**JAKISONI WOLERERA**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

Kutanthauzira mau akuti jakisoni wolerera.

1. Kufotokoza njira zitatu m'mene jakisoni wolerera amangwirira ntchito kuti mai asatenge mimba.
2. Kufotokoza kudalirika kwa njira yolerera ya jakisoni.
3. Kutchula ubwino khumi ndi uwiri wa jakisoni wolerera.
4. Kutchula kuipa kunayi kwa jakisoni wolerera.
5. Kutchula amayi amene ayenera kulandira jakisoni wolerera molingana ndi malamulo a za kulera m'Malawi.
6. Kutchula amayi amene sayenera kulandira jakisoni wolerera molingana ndi malamulo a zakulera m'Malawi.
7. Kufotokoza zovuta zisani ndi ziwiri zobwera chifukwa chogwiritsa ntchito jakisoni wolerera.
8. Kutchula kumene mai angalandire jakisoni wolerera.

**KONTENTI**

**Tanthauzo La Mau Akuti Jakisoni Wolerera**

Ndi njira yobaitsa yolerera imene ili ndi homoni yotchedwa polojesitoloni.

Depo-polovera ndi njira yokhayo ya jakisoni imene ikupezeka m'Malawi muno. Mai amabayidwa miyezi itatu iri yonse.

**M'mene jakisoni wolerera amagwirira ntchito**

* Dzira sirikhwima.
* Chikazi chimakhala cholimba.
* Mkati mwa chiberekero mumakhala mosakonzekera kutenga mimba

**Kudalirika kwa jakisoni wolerera**

Mwa amayi 100 amene akugwiritsa nchito njirayi kwa chaka chimodzi, ndi amayi 97 amene sangatenge mimba. (family planning, a global handbook for providers)

**Ubwino wa njira ya jakisoni wolerera**

* Njirayi ndi yodalirika.
* Imagwira ntchito nthawi yaitali.
* Mai amatha kuberekanso akasiya njirayi.
* Chiteta cham'mimba chimachepa.
* Msambo umachepa.
* Magazi sachepa mthupi.
* Nthawi zina nkhope imayela ndi kusalala.
* Ndi njira ya chinsinsi.
* Siichepetsa mkaka m'mawere.
* Iribe zovuta zina zobwera chifukwa cha isitolojeni.

**Kuipa Kwa Jakisoni Wolerera**

* Mai atha kuchedwa kutenganso mimba kwa miyezi inayi mpaka zaka ziwiri.
* Amayi ena amasiya kusamba.
* Amayi ena amasambamo mosayembekezera.
* Amayi ena amanenepa.
* Samachinjiriza kumatenda opatsirana pogonana kuphatikizapoHIV/ Edzi.

**Amayi Oyenera Kulandira Jakisoni Wolerera Molingana Ndi Malamulo A Za Kulera m'Malawi**

* Amayi a msinkhu obereka ngakhale sanaberekepo.
* Amayi oyamwitsa amene mwana wao watha milungu isanu ndi umodzi ya kubadwa.
* Amayi ofuna kulera koma ali ndi matenda otha magazi (Sickle cell anaemia).
* Amayi amene sangagwiritse ntchito njira ya mapiritsi a mphamvu ziwiri.
* Amayi amene anakhalapo ndi mimba ya muchubu.
* Amayi amene ataya mimba kapena apitisa padelaAmayi amene ali ndi HIV/Edzi

**Amayi Amene Sayenera Kulandira Njira Ya Jakisoni Molingana Ndi Malamulo A Za**

**Kulera m'Malawi**

* Amayi amene sayenera kudzakhalanso ndi mimba chifukwa cha matenda monga nthenda ya mtima.
* Amayi oyamwitsa mwana amene asanathe masabata asanu ndi limodzi akubadwa.
* Amayi amene ali ndi mimba kapena akuganiziridwa kuti ali ndi mimba.
* Amayi amene amasamba popanda chifukwa chodziwika.
* Amayi amene ali ndi matenda a chiwindi.
* Amayi amene ali ndi chotupa m'mawere.
* Amayi amene anadwalapo nthenda ya mtima.
* Amai amene ali ndi nthenda ya sugar.
* Amai amene ali ndi nthenda yothamanga magazi.

**M'mene Mungamudziwire Mayi Oyenera Kulandira Jakisoni Wolerera**

Gwiritsani ntchito chikalata (Cheki lisiti) chomuyenereza mai kulandira njira ya mahomoni.

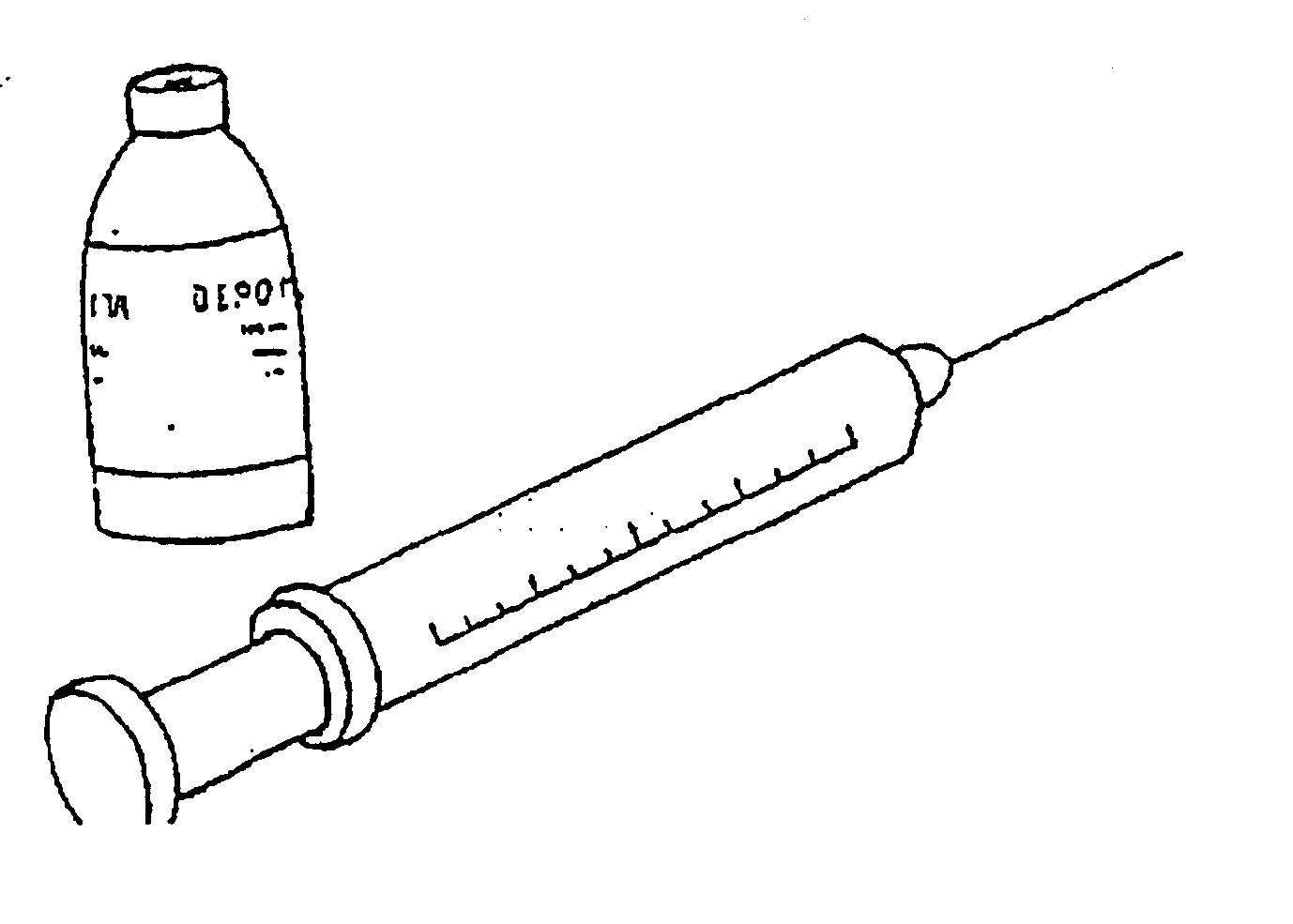
**Zovuta za jakisoni wolerera**

* Kusasamba
* Kusamba modonthetsa
* Kusakhala ndi nyere
* Kunenepa
* Kusamba kwambiri (kuphumula)
* Litsipa
* Kuwawa m'mimba kwambiri.

**Kumene Mai Angalandire Jakisoni Wolerera**

Sikelo yolerera imene iri pafupi ndi mlangizi wotengera kulera khomo ndi khomo. Kapena kwa alangizi a zaumoyo amene aphunzitsidwa kupeleka njirayi

**CHITHUNZI CHA NJIRA YA JAKISONI WOLERERA**



**MUTU 24**

**IMPULANTI**

***Nthawi Yophunzitsira: Mphindi 60***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti impulanti.

1. Kufototoza njira zitatu m'meneimpulanti imagwirira ntchito.
2. Kufotokoza kudalirika ka impulanti.
3. Kufotokoza ubwino usanu ndi utatu wa impulanti.
4. Kufotokoza kuipa kunayi kwa impulanti.
5. Kutchula amene angagwiritse ntchito impulanti molingana ndi malamulo a za kulera m'Malawi.
6. Kutchula amene sayenera kugwiritsa ntchito impulanti molingana ndi malamulo a za kulera m'Malawi.
7. Kufotokoza m'mene impulanti imaikidwira.
8. Kufotokoza kumene njira ya impulanti ingapezeke.

**KONTENTI**

**Tanthauzo La Mau Akutiimipulanti**

Ndi njira yolerera ya mphamvu imodzi imene imaikidwa kunsi kwa khungu la nkono wa amayi kuti asatenge mimba.

**M'mene Impulanti Imagwirira Ntchito**

* Chikazi chimakhala cholimba, izi zimapangitsa kuti mbeu ya abambo ilephere kudutsa khomo la chiberekero.
* Mkati mwa chiberekero mumakhala mosakonzekerakutenga mimba, izi zimalepheretsa kuti mimba ikhazikike.
* Dzira sirimakhwima.

**Kudalirika kwa Impulanti**

Mwa amayi 100 amene amagwiritsa ntchito Impulanti kokwanira zaka zisanu, amayi 99 satenga mimba.

**Ubwino wa Impulanti**

* Ndi yosavuta kugwiritsira ntchito chifukwa akangoika palibenso choti mai apange podziteteza kutenga mimba.
* Imagwira ntchito nthawi yaitali.
* Mai sachedwa kutenga mimba akachotsedwa Impulanti.
* Mai sasowa nayo mtendere.
* Mai amayamwitsa bwinobwino chifukwa mkaka m'mawere suchepa.
* Nolopulanti imachepetsa msambo mwa amayi ena kotero kuti mai sakhala ndi vuto lochepa magazi.

**Kuipa Kwa Impulanti**

* Pamafunika ka opaleshoni kakang'onong'ono poika ndi pochotsa.
* Imaikid**w**a ndi kuchotsedwa ndi dotolo kapena namwino yekhayo amene anaphunzira za opaleshoniyi.
* Amayi ena msambo wawo umasokonezeka.
* Ndi yokwera mtengo.
* Siimateteza kumatenda opatsilana pogonana kuphatikizapo HIV/Edzi

**Amene Angagwiritse Ntchito Impulanti Molingana Ndi Malamulo A Za Kulera**

* Amayi onse a msinkhu wobereka omwe zaka zawo zakubadwa sizinapitirire 50.
* Mai aliyense ngakhale asanaberekepo.
* Amayi oyamwitsa kuchokera pa masabata asanu ndi imodzi atabereka.
* Amayi amene akufuna kugwiritsa ntchito njira yolerera ya nthawi yayitali.
* Amayi amene sakufuna kutenga mimba pa zaka zitatu kapena kupitirira.
* Amayi amene ali ndi matenda otha magazi (sickle cell).
* Amayi amene sangathe kugwiritsa ntchito njira yolerera ya mapiritsi a mphamvu ziwiri.
* Amayi amene ali ndi matenda a HIV/Edzi.

**Amene Sangagwiritse Ntchito Impulanti Molingana Ndi Malamulo**

* Amayi amene apyola zaka 50, zakubadwa.
* Amayi amene akufuna kutenga mimba pasanathe zaka zitatu.
* Amayi oyamwitsa amene mwana wawo sanakwane masabata asanu ndi imodzi akubadwa.
* Amayi amene ali ndi mimba kapena akuganiziridwa kuti ali ndi mimba.

Amayi amene ali ndi matenda akuwundana kwa magazi.

* Amayi amene ali ndi mbiri kapena amadwala matenda a mtima.
* Amayi amene ali ndi msambo wosokonezeka pa chifukwa chosadziwika.
* Amayi amene ali ndi nthenda ya chiwindi.
* Amayi amene ali ndi chotupa m'mawere.
* Amayi amene sayenera kutenga mimba pa zifukwa za matenda.
* Amayi amene ali ndi misempha yotupa.

**M'mene impulanti Imayikidwira**

Timapulasitiki tokhala ngati timitengo ta machesi amatiyika kunsi kwa khungu la nkono wa amayi kudzera mu ka opereshoni kakang'ono.

**Kumene Njira Ya Impulanti Ingapezeke**

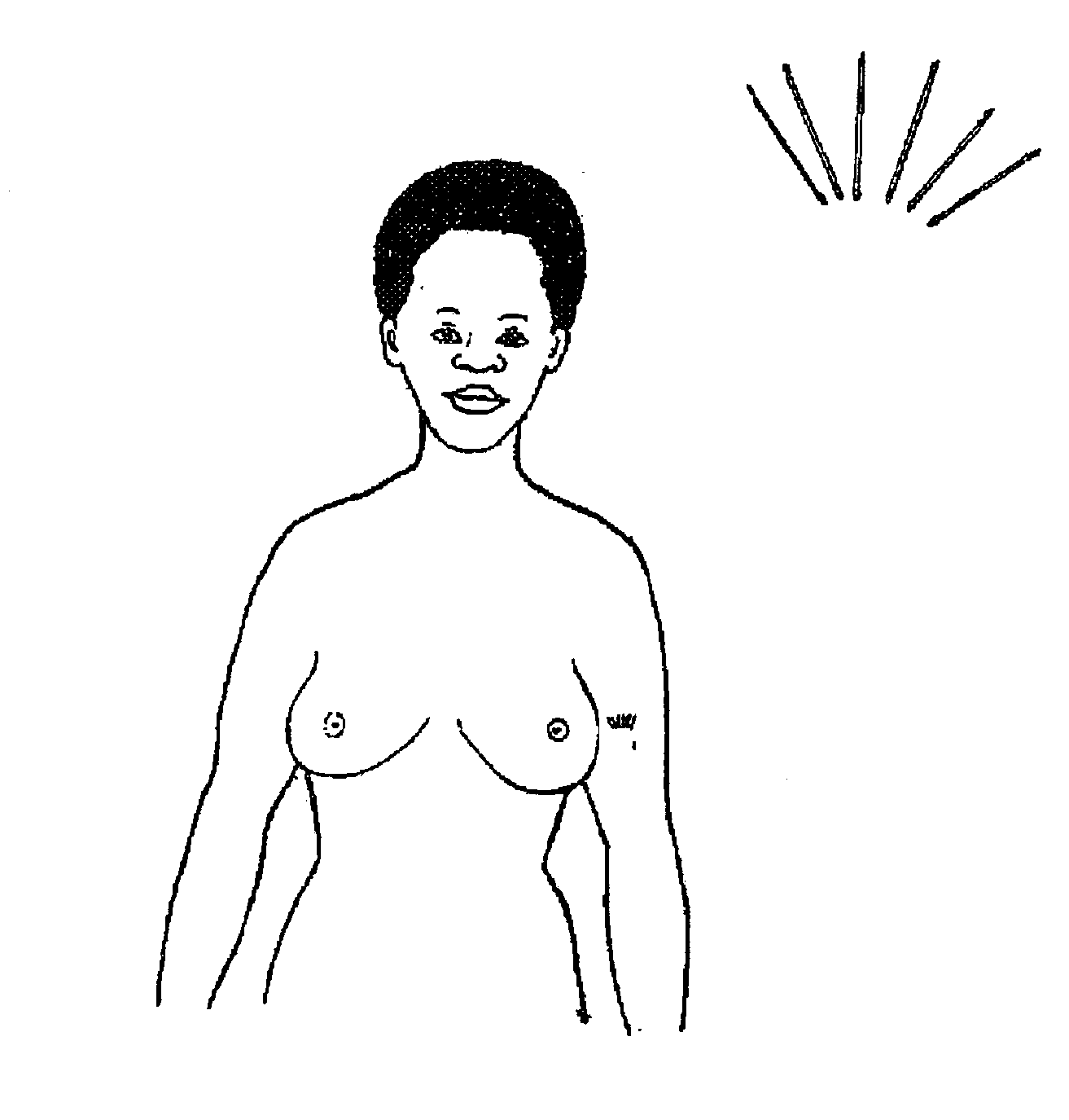
Ku sikelo yolerera yomwe iri pafupi ndi mlangizi wotengera kulera khomo ndi khomo.

Mitundu ya Impulanti



Apa tikuona Jadelle

Ina ndi Implanononi, kamodzi ndi noluplanti six

**CHITHUNZI CHA IMPULANTI** 

**MUTU 25: LUPU**

**NTHAWI YOPHUNZITSIRA: Mphindi : 45**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

**1.** Kutanthauzira mau akuti Lupu.

1. Kufotokoza mitundu ya Lupu imene imapezeka m'Malawi.
2. Kulongosola m'mene njira ya Lupu imagwirira ntchito kuti mai asatenge mimba.
3. Kufotokoza kudalirika kwa njira ya Lupu.
4. Kufotokoza ubwino wogwiritsa ntchito njira ya Lupu.
5. Kufotokoza kuipa kogwiritsa ntchito njira ya Lupu.
6. Kutchula amene angagwiritse ntchito njira ya Lupu molingana ndi malamulo a za kulera m'Malawi.
7. Kutchula amene sangathe kugwiritsa ntchito njira ya Lupu molingana ndi malamulo a zakulera m'Malawi.
8. Kufotokoza mwachidule kuika kwa Lupu.
9. Kufotokoza malo amene munthu ofuna njira ya Lupu angaipeze.

**KONTENTI**

**Tanthauzo la mau akuti Lupu**

Ndi chipangizo cha pulasitiki chimene chimaikidwa mu chiberekero kuti mai asatenge mimba.

**Mitundu ya Lupu imene imapezeka m'Malawi**

* Kopa T380A - Ndi kachipangizo ka pulasitiki kokhala ngati lemba la "T" ndipo kanazunguliridwa ndi mankhwala a kopa. Kali ndi tizingwe tiwiri kumapeto kwake. Lupu imeneyi ndi imene ikugwiritsidwa ntchito masiku ano.

**M'mene njira ya Lupu imagwirira nchito**

* Imapangitsa mkati mwa chiberekero kukhala mosakonzekera kulandira dzira.
* Imachinjiriza dzira la amayi kuti lisakumane ndi mbeu ya abambo.
* Makwala a Kopa amononga mbeu ya abambo ndi dzira la amayi(Family Planning: Global handbook for providers)

**Kudalirika kwa njira ya Lupu**

Mwa amayi 100 amene angagwiritse ntchito njirayi kwa chaka chimodzi, ndi amayi 99 amene sangatenge mimba.

**Ubwino wogwiritsa nchito njira ya Lupu**

* Ndi yodalirika.
* Imagwira ntchito nthawi yaitali.
* Imayamba kugwira ntchito nthawi yomwe yaikidwa.
* Ikachotsedwa mai amatha kutenga mimba mwamsanga.
* Ikhoza kukhala muchiberekero kwa nthawi yaitali ngati palibe chovuta.
* Siyoononga ndalama chifukwa ikaikidwa, mai amakhala nayo nthawi yaitali.

**Kuipa kogwiritsa ntchito njira ya Lupu**

* Imaikidwa ndi a dokotala kapena anamwino okha amene anaphunzitsidwa ntchitoyi.
* Siimateteza kumatenda opatsirana pogonana kuphatikizapo HIV/Edzi.
* Ikhoza kupangitsa chiteta cham'mimba
* Imapangitsa kuchulutsa kapena kudukizadukiza msambo mwa amayi ena.

**Amene angagwiritse ntchito njira ya Lupu molingana ndi malamulo a za kulera**

* Amayi a msinkhu wobereka ndi amene apyola zaka 40
* Amayi amene anabeleka kapena sanabelekepo
* Amayi osakwatiwa
* Amayi opititsa padera ndipo palibe bvuto lililonse
* Amayi oyamwitsa
* Amayi amene anakhalapo ndi mimba ya muchubu
* Amayi amene anadwalapo matenda ophwanya mchinena
* Amayi amene alibe magazi okwanila
* Amayi amene ali ndi kachilombo ka HIV kapena ali pa makhwala a ARV ndipo ali bwino
* Amayi ofuna njira yoti agwiritse ntchito kwa nthawi yaitali.
* Amayi amene sangagwiritse ntchito njira za kulera za homoni.
* Amayi amene akwanitsa masabata asanu ndi limodzi kuchokera pa nthawi imene anabereka.
* Amayi amene angobereka kumene pasanapite mphindi khumi.

**Amene sangathe kugwiritsa ntchito njira ya Lupu molingana ndi malamulo a za kulera**

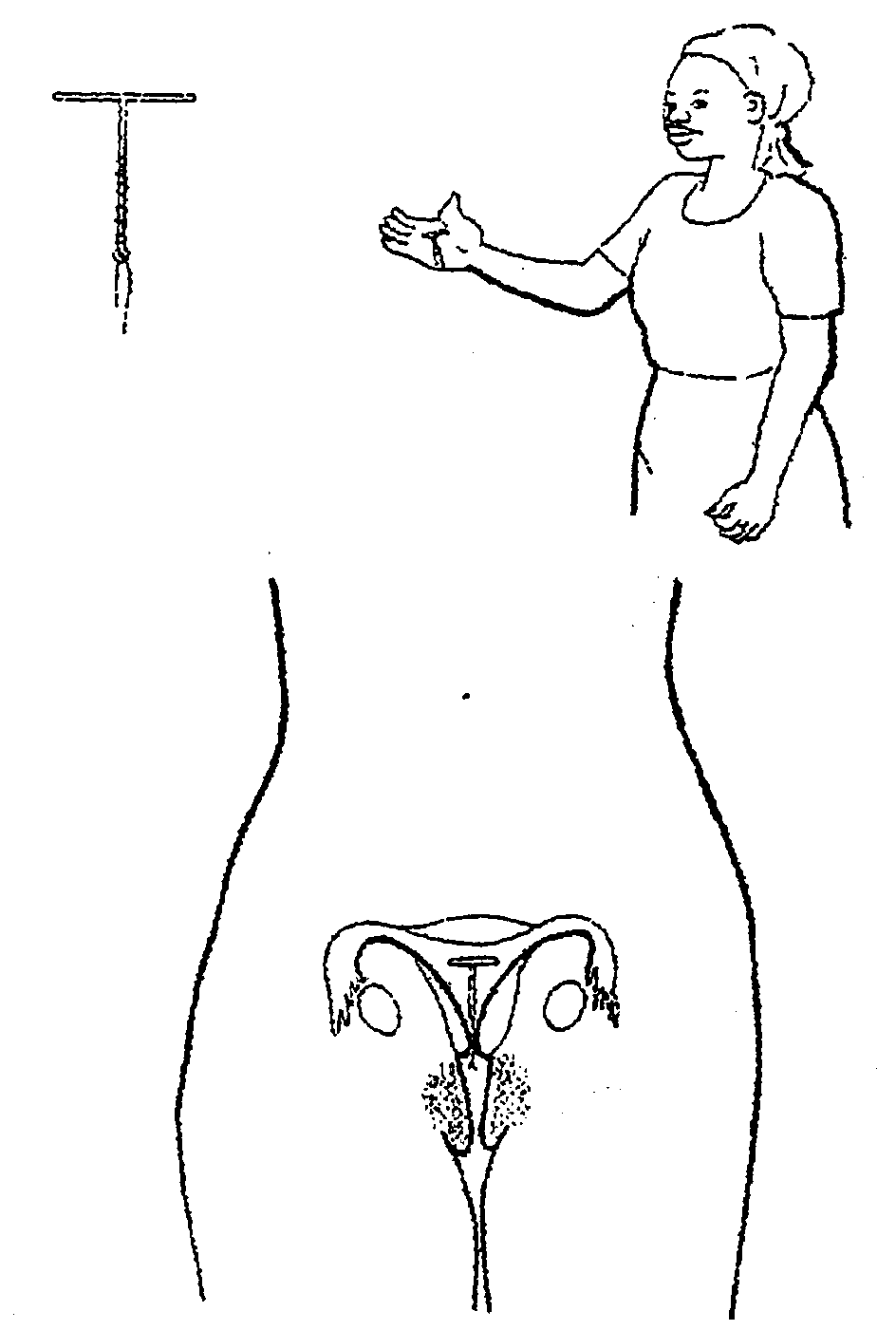
* Amayi amene ali ndi mimba.
* Amayi amene ali ndi matenda opatsirana pogonana monga opweteka m'chinena
* Amayi amene amasamba kwambiri..
* Amayi amene amadwala nthenda ya mtima.
* Amayi amene ali ndi kansa ya muchiberekero.
* Amayi amene sayenera kutenga mimba pa zifukwa zina.

**Kuika kwa Lupu**

Lupu imaikidwa mu chiberekero kudzera mu nyini ndi khomo la khosi lachiberekero. Lupuyi imaikidwa ndi adokotala kapena anamwino amene anaphunzitsidwa. Ngati palibe zovuta, lupuyi ikhoza kukhala muchiberekero kwa zaka khumi, koma ingathe kuchotsedwa pamene mzimayi afuna kutenga mimba.

**Malo amene amayi ofuna njira ya Lupu angakaipeze**

Olera onse amene afuna njirayi atumizidwe ku sikelo yolerera kumene mlangizi wotengera kulera khomo ndi khomo ali nayo pafupi ndi chikalata chotumizira olerayo cholembedwa bwino.

** CHITHUNZI CHA LUPU**

**MUTU 26: KUTSEKA ABAMBO**

**NTHAWI YOPHUNZITSIRA: Mphindi: 60**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kutseka abambo

1. Kufotokoza m'mene njira zotseka abambo imagwirira ntchito
2. Kufotokoza kudalirika kwa njira yotseka abambo
3. Kufotokoza ubwino usanu ndi uwiri wotseka abambo
4. Kufotokoza kuipa kusanu ndi kumodzi kotseka abambo
5. Kutchula abambo amene angatseketse molingana ndi malamulo a kulera m'Malawi.
6. Kutchula abambo amene sayenera kutseketsa molingana ndi malamulo a za kulera m'Malawi.
7. Kufotokoza m'mene amatsekera abambo
8. Kutchula malo onse amene abambo angakatseketse.

**KONTENTI**

**Tanthauzo la mau akuti kutseka abambo**

Ndi njira yolerera ya abambo yamuyaya.

**M'mene njira yotseka abambo imagwirira ntchito**

* Machubu amamangidwa ndi kudulidwa kotero kuti mbeu za abambo sizipezeka mu umuna womwe umatuluka; choncho mbeu zawo sizingakumane ndi dzira la amayi ndipo amayiwo sangakhale ndi mimba koma mbolo imatota ngati kale ndipo abambo amapitiriza kutulutsa umuna.
* Pamatenga nthawi kuti mbeu za abambo zitheretu mu umuna wawo, pa chifukwa ichi ayenera kuthira maulendo makumi awiri kuti mbewu zitheretu muumuna. Pa nthawiyi agwiritse ntchito njira ina yolerera kapena yozitetezera monga Kondomu.kwa miyezi itatu.

**Kudaririka kwa njira yotseka abambo**

Mwa abambo 100 otsekedwa pa chaka ndi abambo 99 amene sangathe kupereka mimba.

**Ubwino wa njira yotseka abambo**

* Ndi yodalirika kwambiri.
* Ndi yamuyaya.
* Ndi yosaononga ndalama chifukwa imapangidwa kamodzi kokha.
* Ka opareshonika ndi kakang'ono ndipo kapangidwe kake ndi kachangu.

**Kuipa kwa njira yotseka abambo**

* Njirayi siiteteza kumatenda opatsirana pogonana kuphatikizapo HIV/Edzi.
* Akapanga opareshoniyo sangathe kutembenuzanso.
* Imapangidwa ndi a dotolo amene anaphunzitsidwa za ntchitoyi ku chipatala.
* Bala la opereshoni limapweteka.
* Mwina akhoza kutaya magazi kapena magazi kuundana m'thumba la machende.
* Bambo ayenera kutsira umuna maulendo makumi awiri kuti mbeu zitheretu.

**Amene angatseketse molingana ndi malamulo a za kulera**

* Amuna a msinkhu wobereka.
* Mwamuna yemwe watsimikiza kuti safuna kubereka kapena kudzaberekanso ana ena.
* Mwamuna yemwe walandira uphungu wa njirayi, wasonyeza kumvetsetsa kwa MFUNDO zimene ziri pa cheki lisiti yotseka abambo ndipo wasaina chikalatachi mosakakamizidwa.

**Amene sayenera kutseketsa molingana ndi malamulo a za kulera m'Malawi**

Amuna amene samvetsetsa ndipo sagwirizana ndi MFUNDO zisanu zomwe ziri pa cheki lisiti ya kutseka abambo. Mfundozo ndi izi:-

- ndikudziwa kuti pali njira zina zolerera zimene ndingagwiritse ntchito m'malo mwa njira ya kutseka.

- ndikudziwa kuti njira yotseka ndi ya opaleshoni ndipo pakhoza kuoneka zovuta zina.

- ndikudziwa kuti ndikatseketsa sindidzapelekanso mimba.

- ndasankha njirayi mosaumirizidwa ndipo nditha kusintha maganizo nthawi iri yonse ndisanatseketse popanda chilango chiri chonse.

- ndikuzindikira kuti mwangozi nditha kupereka mimba ngakhale ndatseketsa.

**M'mene amatsekera abambo**

* Kutseka kumachitika ku chipatala chachikulu ngakhale chaching'ono malingana ngati kuli dokotala amene anaphunzitsidwa ntchitoyi.
* Bamboyo amabayidwa mankhwala pathumba la machende kuti asamve kuwawa.
* Adokotala amaboola thumba la machende pang'ono ndikukola chubu chimene chimanyamula mbeu za abambo ndi kuchimanga ndi kudula.

**DZIWANI IZI:**

* Nthawi zambiri opareshoniyi imatenga mphindi zochepera khumi ndi zisanu ndipo bamboyo amaloledwa kubwerera kwawo nthawi yomweyo.
* Nthawi zina opereshoni amapanga osacheka ndi mpeni.

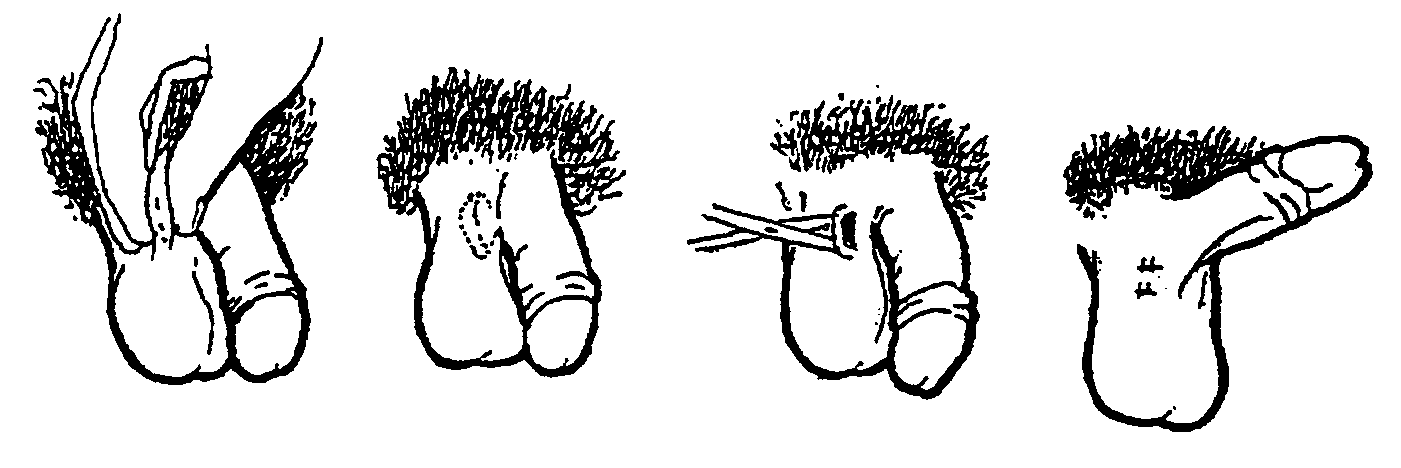
**Kumene abambo angakatseketse**

Abambo onse amene afuna njirayi atumizidwe ku chipatala chimene mlangizi wotengera kulera khomo ndi khomo amatumiza olera onse ndi chikalata chotumizira olera cholembedwa bwino. Podikira njirayi, agwiritse njira ina.

**CHITHUNZI CHOTSEKA ABAMBO**

**Malangizo kwa aphunzitsi**

Awonetseni m'mene amatsekera abambo

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**MUTU 27**

**KUTSEKA KWA AMAYI**

***Nthawi Yophunzitsira: Mphindi : 60***

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kutseka amayi
2. Kulongosola momwe njira yotseka amayi imagwirira ntchito kuti amayi asatenge

mimba.

1. Kufotokoza kudalilika kwa njira yotseka amayi
2. Kufotokoza ubwino usanu ndi uwiri wakutseka amayi
3. Kufotokoza kuipa kusanu kwa njira yakutseka amayi
4. Kutchula amayi oyenerezedwa kutsekedwa molingana ndi malamulo a za kulera

m'Malawi.

1. Kutchula amayi amene sayenera kutsekedwa molingana ndi malamulo a za kulera

m'Malawi.

1. Kufotokoza m'mene amatsekera amayi
2. Kufotokoza kumene mai angakatseketse.

**KONTENTI**

**Tanthauzo la mau akuti kutseka amayi**

Ndi njira yolerera imene imapangitsa amayi kuti asadzaberekenso. Mai amasankha njirayi mwakufuna kwake ndi mosaumirizidwa.

**Momwe njira yotseka amayi imagwirira ntchito**

Akamanga ndi kudula machubu, mazira a amayi sangakumane ndi mbeu ya abambo. Mai sadzakhalanso ndi mimba.

**Kudalirika kwa njira yotseka amayi**

Ndi njira yodalirika kwambiri. Mwa amayi 1000 amene atsekedwa, amayi 998 sangatenge mimba.

**Ubwino wotseka amayi**

Njirayi ndi yodalirika kwambiri.

Mai sadzaberekanso.

* Opaleshoni yake siitenga nthawi.
* .Siichepetsa mkaka wa mmawere
* Imayamba kugwira ntchito nthawi yomweyo.
* Ndiyosakwera mtengo poganizira kuti imapangidwa kamodzi kokha.
* Chilakolako ndi kukoma pogonana sizisintha

**Kuipa kwa kutseka amayi**

* Njirayi siimateteza ku matenda opatsirana pogonana monga chindoko, chizonono, mabomu, kuphatikizapo HIV/Edzi.
* Amai sadzaberekanso popeza machubu akadulidwa satheka kulumikizanso.
* Balalo limapweteka ndiponso mwina likhoza kuchita mafinya.
* Nthawi zina adotolo mwa ngozi angathe kuvulaza ziwalo zina za m'mimba potseka mai.
* Njirayi imapangidwa ndi madotolo amene anaphunzitsidwa za kutseka amai.

**Amayi oyenerezedwa kutseketsa molingana ndi malamulo**

* Amayi a msinkhu obereka.
* Amayi kapena maanja amene atsimikiza kuti sadzakhalanso ndi mwana ngakhale akudziwa njira zina zolerera ndi m'mene zimagwirira ntchito.
* Amayi kapena maanja amene apatsidwa uphungu wa njirayi ndipo amvetsa MFUNDO za pa cheki lisiti ndipo asayina chikalata cha kutseka mosaumirizidwa.
* Amayi amene msinkhu wao kapena matenda amene akudwala angabweretse mavuto a uchembere.

**Amayi amene sayenera kutseketsa molingana ndi malamulo**

Amayi amene sakumvetsa m'mene njirayi imagwirira ntchito pogwiritsa ntchito MFUNDO zisanu za pa cheki lisiti yakutseka amayi. MFUNDO zisanuzo ndi izi:

- ndikudziwa kuti pali njira zina zolerera zimene ndingagwiritse ntchito m'malo mwa njira ya kutseka.

- ndikudziwa kuti njira yotseka ndi ya opaleshoni ndipo pakhoza kuoneka zovuta zina.

- ndikudziwa kuti ndikatseketsa sindidzaberekanso.

- ndasankha njirayi mosaumirizidwa ndipo nditha kusintha maganizo nthawi iri yonse ndisanatseketse popanda chirango chiri chonse.

- ndikuzindikira kuti mwangozi nditha kukhala ndi mimba ngakhale nditatseketsa.

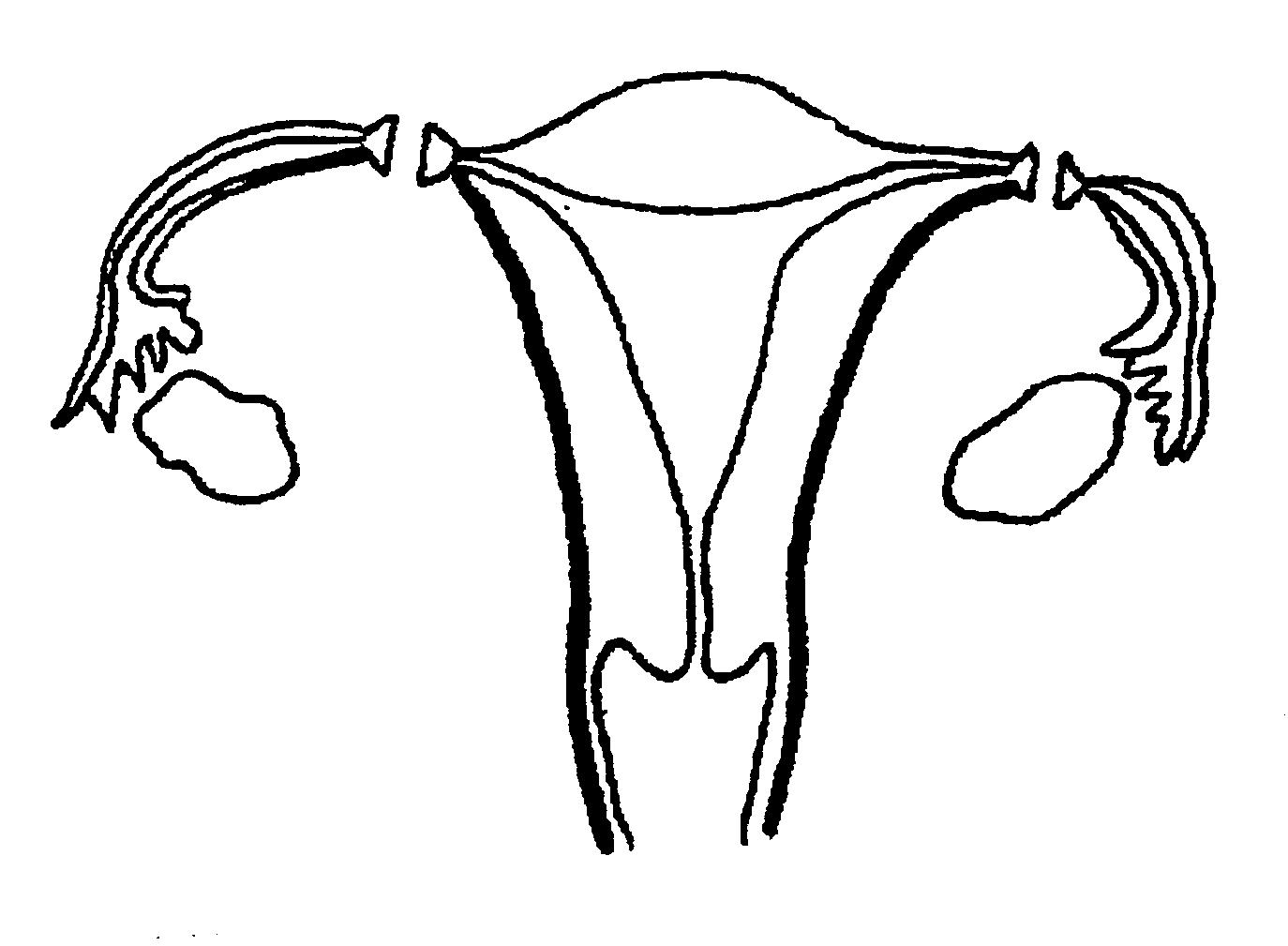
**M'mene amatsekera amayi**

* Amatha kutseka mai ali maso kapena atagonekedwa ndi mankhwala.
* Ngati mayi atseketsa ali maso, adotolo amapereka jakisoni yoziziritsa pa mimba.
* Adotolo amacheka pang'ono pa mimba.
* Machubu amamangidwa ndi kudulidwa, ndipo bala la pamimba limatsekedwa. Nthawi zambiri izi zimachitika m'phindi makumi awiri.
* Ngati njirayi yachitika mai ali maso ndipo akuchokera pafupi, atha kupita kunyumba atapuma kwa maola awiri kapena atatu. Koma ngati maianagonekedwa ndi mankhwala pomutseka, amayenera kupuma maola anayi asanapite kwao.

**Kumene amayi angakatseketse**

Amayi onse amene asankha njira yotseketsa atumizidwe ku chipatala chimene ali nacho pafupi pogwiritsa ntchito chikalata chotumizira olera. Poyembekezera kutseketsa, mai apatsidwe njira yoyembekezera.

**CHITHUNZI CHOTSEKA AMAYI**



**MUTU 28: NJIRA YOLERA YAPANGOZI (IMEJENSI KONTIRASEPUSHONI)**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti njira yolera yapangozi
2. Kutchula mitundu ya njira yolera yapangozi
3. Kufotokoza m'mene njira yolera yapangozi imagwirira ntchito.
4. Kufotokoza kudalilika kwa njira yolera yapangozi
5. Kutchula ubwino wa njira yolera yapangozi
6. Kulongosola kuipa kwa njira yolera yapangozi
7. Kutchula amene ayenera kugwiritsa ntchito njira yolera yapangozi
8. Kutchula amene sayenera kugwiritsa ntchito njira yolera yapangozi
9. Kutchula kumene munthu angakapeze njira yolera yapangozi

**KONTENTI**

**Kutanthauzira mau akuti njira yolera yapangozi**

Njira iyi imanthauza kugwiritsa njira zolelera zamakono pamene mai wagonana ndi mwamuna popanda chitetezo chosatengera mimba.

**Mitundu ya njira yolera yapangozi**

1. Mapiritsi a mphamvu ziwiri

* Mapiritsi a mphamvu ziwiri okhala ndi muyeso wochepera

monga Microcynon ndi Lofemino

* Mapiritsi a mphamvu ziwiri okhala ndi muyeso wochuluka

1. Mapiritsi a mphamvu imodzi

* Chitsanzo – Norgestrel
* Postinor 2
* overette

**Kulongosola m'mene njira yolera yapangozi zimagwirira ntchito**

Imachedwetsa dzira lamayi kukumana ndi mbeu ya abambo.

**Kudalirika kwa njira yolera yapangozi**

Njirayi ndi yodalirika kwambiri (mwa amayi 100 ogwiritsa ntchito njirayi, amayi opitirira 98 sangatenge mimba).

**Ubwino wa njira yolera yapangozi**

* Njirayi ndi yodalirika kwambiri.
* Mayi amapewa kutenga mimba pamene wagonana ndi mwamuna mosayembekezera monga kugwiriridwa.
* Imachepesa khalidwe wochotsa mimba.
* Mayi ali ndi ufulu wokatenga njirayi nthawi imene wagonana ndi mwamuna mosaziteteza

**Kuipa kwa**

* imagwira ntchito pokhapokha ngati yagwiritsidwa ntchito pasanadutse masiku asanu pamene mayi wagonana ndi mamuna popanda chitetezo chosatenga mimba.
* Nseru ndi kusanza
* Siimateteza matenda wopatsirana pogonana kuphatikizapo HIV/Edzi

**Mmene angagwiritse ntchito njira za Imejensi Kontirasepushoni molingana ndi lamulo la uchembere ndi ubeleki**

* Amayi amene kondomu inabooka akugonana ndi mamuna
* Amayi wogwiriridwa
* Amayi amene agonana ndi mwamuna mwangozi komanso sakugwiritsira ntchito njira zolera ndipo saakufuna mimba

**Amene sangagwiritse ntchito njira za Imejensi Kontirasepushoni molingana ndi lamulo la uchembere ndi ubeleki**

* Amayi amene ali ndi mimba
* AMayi amene akuganiza kapena kuganiziridwa kuti ali ndi mimba

**Kumene anthu angakapatsidwe njira zolerera za Imejensi Kontirasepushoni**

Amayi onse ofuna njira za Imejensi Kontirasepushoniayenera kupita kapena kutumizidwa ku chipatala chimene chiri pafupi.

**MUTU 29: NJIRA ZOLERERA ZA CHILENGEDWE**

**NTHAWI YOPHUNZITSIRA: Mphindi 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti njira zolerera za chilengedwe

1. Kulongosola mitundu ya njira za chilengedwe
2. Kufotokoza m'mene njira za chilengedwe zimagwirira ntchito
3. Kufotokoza kudalirika kwa njira za chilengedwe
4. Kufotokoza ubwino usanu wa njira zachilengedwe
5. Kufotokoza kuipa kusanu kwa njira za chilengedwe
6. Kutchula omwe angagwiritse ntchito njirazi molingana ndi malamulo a kulera m'Malawi
7. Kutchula amene sangathe kugwiritsa ntchito njirazi molingana ndi malamulo a kulera m'Malawi
8. Kutchula malo amene mungapeze uthenga wina wa njira za chilengedwe.

**KONTENTI**

**Tanthauzo la mau akuti njira zolerera za chilengedwe**

Ndi njira zimene zimafuna kuti banja loleralo liziona zizindikiro zoti dzira lakhwima ndipo osagonana pa nthawiyi kuti mai asatenge mimba.

**Mitundu ya njira zolerera za chilengedwe**

* **Kuyesa kutentha kwa thupi**

Njira iyi imafuna kuti mayi ayese kutentha kwa thupi lake asanadzuke ndi kulemba pa chati. Maiyo asiye kugonana kuyambira nthawi ya msambo mpakana akangoona kuti kutentha kwa thupi lake kwatsika ndi kudzakwera mpaka masiku atatu kutentha kwa thupiko kutabwerera mwa kale.

* **Yoyang'anira chikaz**i

Iyi ndi njira yolerera imene mai amayang'ana ndi kulemba pa chati tsiku ndi tsiku mawonekedwe a chikazi chake. Mai ndi bambo asagonane ngati mai waona chikazi

chotamuka, choterera ndiponso chofanana ndi choyera cha dzira losaphika, chifukwa izi zimaonetsa kuti dzira lakhwima. Ndibwino kuti bambo ndi mayi adzayambenso kugonana patapita masiku atatu chikazi chitabwerera mwa kale.

* **Yoyang'anira chikazi ndi kuyesa kutentha thupi**

Njira iyi imagwira ntchito pophatikiza njira yoyesa kutentha kwa thupi ndi kuyang'ana chikazi kuti mai adziwe nthawi imene dzira lakhwima. Mai ndi bambo asagonane ngati awona kusintha kwa kutentha kwa thupi kapena chikazi (chirichonse chomwe chingayambe) mpakana pamene zizindikiro zonsezi zatha.

* Njira yogwiritsa ntchito mikanda

Iyi ndi njira yatsopano yachirengedwe imene mkazi amaphunzitsidwa kuti asagonane ndi mwamuna kuyambira tsiku la eyiti akangoyamba nsambo mpaka tsiku la nayintini (8-19) kuti apewe kutenga mimba, ndipo imagwira ntchito kwa akazi amene msambo wawo umatenga masiku 26 mpaka 32.

Potsatira njirayi, akazi amagwiritsa ntchito nekelesi ya mikanda imene imakhala ndi mitundu yosiyana-siyana kudziwitsa masiku amene mkazi akhoza kutenga mimba kapena ayi.

**M'mene njira za chilengedwe zimagwirira ntchito**

Kusagonana nthawi imene zizindikiro zosonyeza kuti dzira lankhwima zaoneka.

**Fotokozani kudalirika kwa njira za chilengedwe**

Mwa amayi 100 amene amagwiritsa ntchito njirazi molondola pa chaka chimodzi, amayi 63 mpaka 98 satenga mimba.

**Ubwino wa njira za chilengedwe**

* Zilibe zovuta zokhudza m'thupi.
* Ndi zovomerezedwa ndi zipembedzo zomwe sizivomera njira zina zolerera.
* Mai akhoza kutenga mimba nthawi yomwe wangosiya kugwiritsa ntchito njirazi.
* Ndizodalirika.
* Zimalola kuti abambo ndi amayi atenge mbali pa za kulera limodzi.

**Kuipa kwa njira za chilengedwe**

* Matenda ena a mthupi angathe kusokoneza zizindikiro zosonyeza kukhwima kwa dzira.
* Pamafunika nthawi yaitali yolandira uphungu wa kagwiritsidwe ntchito ka njirazi.
* Pamafunika kulemba mosamala zizindikiro zimene zaonedwa tsiku ndi tsiku kuti mai azindikire tsiku limene dzira la khwima.
* Siziteteza kumatenda opatsirana pogonana kuphatikizirapo Edzi.

**Amene angathe kugwiritsa ntchito njirazi molingana ndi malamulo a za kulera**

* Amayi ndi abambo a msinkhu wobereka.
* Mai aliyense ngakhale asanaberekepo.
* Anthu amene akufuna kugwiritsa ntchito njirazi pa zifukwa za chipembedzo, umoyo ndi zina zodziwa okha.
* Maanja amene akufuna kudziwa ndipo ali okondweretsedwa kudziwa m'mene msambo wa mai umayendera.
* Anthu amene angathe kusagonana pa masiku asanu mpakana asanu ndi atatu mwezi uliwonse.
* Amayi amene sangathe kugwiritsa ntchito njira zina zolerera.

**Amene sangathe kugwiritsa ntchito njira za chilengedwe molingana ndi malamulo a**

**za kulera**

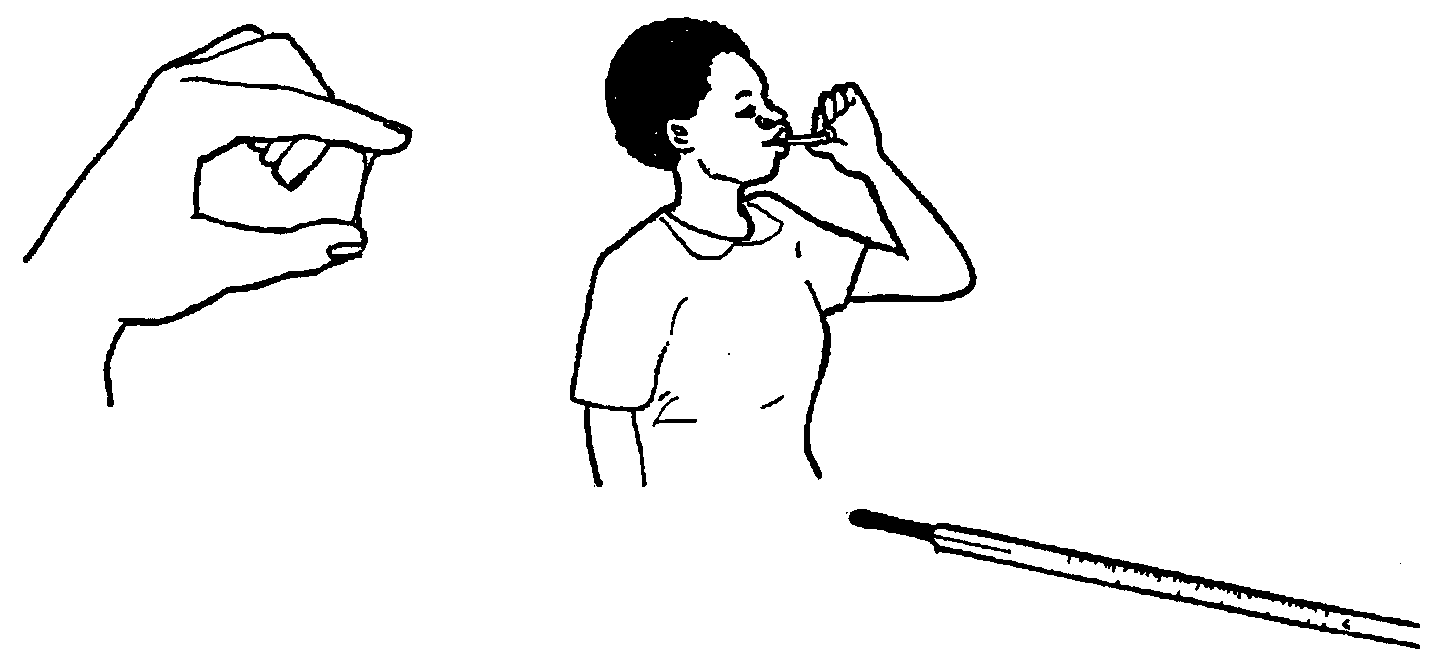
* Bambo ndi mai amene sangathe kuona kapena sakufuna kutsatira zimene zimachitika pa msambo wa mai.
* Bambo kapena mai amene safuna kusunga malekodi ofunikawo.
* Bambo kapena mai amene sangathe kapena safuna kudziretsa kugonana dziralikakhwima.
* Amayi amene sayenera kukhala ndi mimba pa zifukwa za matenda.
* Amayi omwe ali ndi matenda mu nyini amene akhoza kusokoneza

maonekedwe a chikazi.

**Komwe kungapezeke uthenga wina wa njira za chilengedwe zolerera**

* Sikelo ya za kulera imene iri pafupi ndi mlangizi wotengera kulera khomo ndi khomo.
* Ku tchalitchi cha katolika chimene chiri pafupi kapena kwa anthu amene akudziwa zambiri za njirazi.

**NJIRA ZOLELERA ZA CHILENGEDWE**



**MUTU 30 KAPEWEDWE KA MATENDA OPATSIRANA POGONANA**

**NTHAWI YOPHUNZITSIRA: Mphindi: 90**

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauza mau akuti matenda opatsirana pogonana
2. Kutchula zizindikiro zisanu ndi zitatu za matenda opatsirana pogonana
3. Kufotokoza njira zitatu m'mene matenda opatsirana pogonana kuphatikizapo HIV/Edzi amafalira
4. Kutchula kuopsa kunayi kwa matenda opatsirana pogonana
5. Kutchula makhalidwe amene amathandiza kufalitsa matendawa
6. Kutchula makhalidwe amene angathe kuchepetsa kufala kwa matendawa
7. Kufotokoza m'mene mlangizi wotengera kulera khomo ndi khomo angathandizire munthu amene akumuganizira kuti ali ndi matenda opatsirana pogonana
8. Kufotokoza mfundo zisanu ndi ziwiri zoyenera kutsata pomwe mukuphunzitsa anthu za kapewedwe kamatenda opatsirana pogonana
9. Kusonyeza luso la kaphunzitsidwe ka pagulu za kapewedwe ka matenda opatsirana pogonana.

**KONTENTI**

**Tanthauzo la mau akuti matenda opatsirana pogonana.**

* Ndi matenda opatsirana amene munthu angawatenge pogonana mosaziteteza ndi munthu amene ali ndimatendawa, mwachitsanzo chindoko, chizonono ndi HIV.

**Zizindikiro za matenda opatsirana pogonana**

* Zilonda za ku maliseche.
* Kuchucha mafinya ku maliseche.
* Kuyabwa ku maliseche.
* Kutentha kapena kupweteka pokodza.
* Kupweteka m'chinena mwa amayi.
* Kutupa kapena kupweteka kwa bumbu.
* Njelewele za ku maliseche.
* Kutupa kapena kupweteka kwa machende.

**M'mene matenda opatsirana pogonana kuphatikizapo Edzi amafalitsidwira**

* Munjira yogonana- Matenda opatsirana pogonana angafale kuchokera kwa munthu yemwe ali ndi matendawa kupita kwa yemwe agonana naye, mwamuna kapena mkazi, Akazi okhaokha, amuna okhaokha kapena kuchoka kwa mkazi kupita kwa mwamuna. Pa mfundo iyi kugonana kutanthauzira kulowetsa mbolo mu nyini ku mtumbo kapena mkamwa.
* Kudzera m'magazi omwe ali ndi matendawa:
* Kupeleka magazi kwa odwala
* Kuchokera kwa mai ali ndi matendawa kupita kwa mwana pa nthawi imene ali ndi mimba, pochira kapena akuyamwitsa.
* Kuchokera kwa mayi amene ali ndi chindoko kapena chinzonono kupita kwa mwana pamene ali ndi mimba ndi pochira.

**Kuwopsa kwa matenda opatsirana pogonana**

* Uchumba kwa amuna ndi akazi.
* Ana amene amabadwa kwa amayi amene amadwala matendawa atha

kubadwa a khungu.

* Kupita padera kapena kubadwitsa ana akufa.
* Kulephera kukodza.
* Munthu akhoza kudwala matenda a mtima.
* Kupuwala ziwalo monga manja ndi miyendo.

**Makhalidwe amene amathandiza kufalitsa matendawa**

* Kugonana popanda kudzichinjiriza.
* Kugonana ndi anthu ambiri mosaziteteza- monga anthu oyendetsa magalimoto mitunda itali itali.
* Chiwerewere.
* Uchidakwa.
* Achinyamata kuphunzira kugonana.
* Kugwiritsa ntchito mankhwala osokoneza bongo.

**Makhalidwe othandiza kupewa matendawa**

* Kukhala okhulupirika pakati pa mwamuna ndi mkazi. Izi zimachititsa kuti pasakhale kuwopsa kuli konse kotenga matenda ngati nonse mukukhulupirika.
* Ngati pali chikaiko gwiritsani ntchito kondomu moyenera nthawi iri yonse

pomwe mukugonana.

* Ngati ali ndi matenda opatsirana pogonana,achite izi:
* Apite kuchipatala akalandire mankhwala
* Ngati m'modzi wa awiriwa atenga matenda opatsirana pogonana onse ayenera kulandira mankhwala ndipo awonetsetse kuti amalize kulandira mankhwalawa.
* Asagonane mpaka atamaliza kumwa mankhwala a matendawa kapena agwiritse ntchito makondomu.
* Pewani uchidakwa kapena kugwiritsa ntchito mankhwala osokoneza bongo chifukwa izi zimapangitsa munthu kulephera kudziletsa ndipo akhoza kugwa mchinyengo chogonana ndi munthu amene ali ndi HIV kapena matenda opatsirana.

**KUMBUKIRANI**

Kuti mupewe matenda opatsirana, tsatirani izi:

- osagonana ndi munthu aliyense ngati izi sizitheka:

- khalani ndi munthu m'modzi wokhulupirika yemwe muzigonana naye ndiponso kumbukani kugwiritsa ntchito makondomu moyenera nthawi iri yonse.

**M'mene mlangizi wotengera kulera khomo ndi khomo angamuthandizire munthu**

**yemwe akumuganizira kuti ali ndi matendawa.**

* Tumizani munthu wodwala matendawa ku chipatala chomwe chiri pafupi.
* Mutsimikizireni kuti matendawa ndi ochiritsika.
* Aphunzitseni anthu kuwopsa kwa koyesa kudzichiritsa kapena kukalandira

mankhwala kwa anthu osavomerezeka ndi lamulo la boma.

* Nenetsani kufunikira koti onse alandire mankhwala a matendawa.
* Nenetsani kuti matenda opatsirana pogonana amawonjezera mwayi wotenga

Kachirombo ka HIV.

* Limbikitsani anthu amene ali ndi matenda opatsiranawa kuti azigwiritsa ntchito

makondomu kapena apewe kugonana mpaka onse atachira.

**MFUNDO zofunika kuziganizira pophunzitsa za matenda opatsirana pogonana**

**kuphatikizapo Edzi**

Mlangizi wotengera kulera khomo ndi khomo aphunzitse olera onse zinthu zofunikira izi:

* Zizindikiro za matenda opatsiranawa.
* M'mene matenda opatsirana pogonana kuphatikizapo HIV amafalira.
* M'mene HIV siifalira.
* Kuopsa kwa matenda opatsirana pogonana.
* Makhalidwe amene amathandiza kufala kwa matendawa.
* Makhalidwe othandiza kuchepetsa kufala kwa matendawa.
* Kumene anthu angapite ngati ali ndi zizindikiro za matenda opatsirana pogonana.

**CHIKALATA CHOONERA M'MENE OPHUNZIRA AKUPEREKERA**

**PHUNZIRO LA PAGULU LA KAPEWEDWE KA MATENDA OPATSIRANA**

**Malangizo:** Muyese momwe ntchito yayendera ndipo perekani malikesi motere:

0 Ngati ntchito siinagwiridwe

1 Ngati ntchito yagwiridwa koma pali zofunika kukonza

2 Ngati ntchito yagwiridwa bwino

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| --- | --- | --- | --- |
| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
| **Kukonzekera phunziro la kapewedwe ka matenda**  walemba ndondomeko ya phunziro moyenera  wasankha malo abwino opanda phokoso  wakonza m'mene anthu akhalire moyenera |  |  |  |
| **Kuyamba phunziro la kapewedwe kamatenda**  wapereka moni ndi kulandira anthu  wadzidziwitsa kugulu  wadziwitsa anthu amene wabwera nawo  wagwiritsa ntchito mafunso oyenerera kuti  anthu akhale momasuka  wadziwitsa ophunzira mutu waphunziro  wadziwitsa ophunzira MFUNDO zatsatanetsatane |  |  |  |
| **Wakambirana ndi ophunzira mwatsatanetsatane MFUNDO izi muphunziro la kapewedwe ka matenda opatsirana pogonana**  Tanthauzo la mau akuti matenda opatsirana pogonana  Zizindikiro zamatenda opatsirana pogonana |  |  |  |
| M'mene matenda opatsirana pogonana amafalikira |  |  |  |
| Kuwopsa kwa matenda opatsirana pogonana |  |  |  |
| Makhalidwe amene amathandiza kufalitsa matenda opatsirana pogonana  Makhalidwe othandiza kupewa matenda opatsirana pogonana  Kumene munthu angapite ngati ali ndi zizindikiro za matenda opatsirana pogonana |  |  |  |

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| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
| **Wagwiritsa ntchito luso iri**   * Wafunsa ophunzira zimene akudziwa paMFUNDO iriyonse asanawauze |  |  |  |
| * Walimbikitsa anthu kufunsa mafunso |  |  |  |
| * Wafunsa mafunso ndi cholinga chofuna kudziwa ngati anthu amvetsa |  |  |  |
| * Wayamba kuphunzitsa zimene anthu akuzidziwa ndi kumalizira zimene anthu sakuzidziwa |  |  |  |
| * Wayesera kuphunzitsa phunziro pokambirana |  |  |  |
| * Wagwiritsa ntchito zothandiza kuphunzitsa moyenerera |  |  |  |
| * Wanenanso phunziro la kapewedwe ka matenda opatsirana pogonana mwachidule |  |  |  |
| * Wagwiritsa ntchito chilankhulo chomveka cholankhulidwa mderalo |  |  |  |
| * Wazindikira zosokoneza pophunzitsa ndipo wazikonza |  |  |  |
| * Wayankha mafunso mwa chilungamo ndiponso mwanzeru |  |  |  |
| * Wabwereza MFUNDO mwachidule kumapeto kwa gawo liri lonse ndipo wafunsa anthu kuti anenenso MFUNDOzo m'mau awo monga kuopsa kwa matenda opatsirana pogonana |  |  |  |

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| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
|  |  |  |  |
|  Wagwiritsa ntchito chilankhulo chomveka cholankhulidwa m'deraro |  |  |  |
|  Wazindikira zosokoneza pophunzitsa ndipo wazikonza |  |  |  |
|  Wapewa kulimbikitsa anthuzonama |  |  |  |
|  Wayankha mafunso mwa chilungamo ndiponso mwanzeru |  |  |  |
|  Wafunsa mafunso asanayambe kukambirana gawo lina la phunziro |  |  |  |
|  wabwereza mfundo mwachidule kumapeto |  |  |  |
| **NDEMANGA**  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  .................................................................................................................................. | | | |

**Mutu 31: KAPEWEDWE KA HIV/ EDZI**

**NTHAWI YOPHUNZITSIRA: Mphindi 45**

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti HIV/EDZI
2. Kutchula zizindikiro za Edzi
3. Kufotokoza m'mene HIV imafalira
4. Kutchula m'mene HIV sifalira
5. Kutchula kuopsya kwa matenda a Edzi
6. Kutchula makhalidwe amene amathandiza kufalitsa HIV
7. Kutchula makhalidwe amene angachepetse kufala kwa HIV
8. Kufotokoza m'mene mlangizi wotengera kulera khomo ndi khomo angathandizire amene ali ndi HIV/Edzi
9. Kufotokoza mfundo zisanu ndi ziwiri zoyenera kutsata pomwe mukuphunzitsa anthu za kapewedwe ka matenda a Edzi

**KONTENTI**

**Tanthauzo la mau akuti HIV/AIDS (EDZI)**

* HIV ndi mau achidule amene muchingerezi amaimira kuti "Human Immunodeficiency Virus). Iri ndi dzina la kachirombo kamene kamayambitsa matenda a Edzi. Munthu akatenga kachilomboka samadwala matenda a Edzi nthawi yomweyo, koma pakapita nthawi.
* AIDS (Edzi) ndi mau achidule amene muchingerezi amaimira kuti "Acquired Immunodeficiency Syndrome". Monga dzinali likunenela m'chingerezi, HIV imaononga chitetezo cha ku matenda chopezeka mthupi. Zikatero, thupi sirikhoza kudziteteza kumatenda osiyanasiyana ndiye munthu amadwala matendawa amene mchichewa amatchedwa Edzi.

**Zizindikiro za Edzi**

* Zizindikiro za Edzi ndi zosiyanasiyana malingana ndi nthenda yomwe yalowa mthupi.

**M'mene kachilombo koyambitsa Edzi kamafalitsidwira**

* Munjira yogonana. Kachilombo koyambitsa Edzi kamafala kuchokera kwa munthu yemwe ali ndi kachilomboka kupita kwa amene wagonana naye mosaziteteza, mamuna kapena mkazi, akazi okhaokha, amuna okhaokha. Pa mfundo iyi kugonana kutanthauzira kulowetsa mbolo mu nyini,ku mtumbo kapena mkamwa.
* Kudzera m'magazi amene ali amene ali ndi kachirombo ka HIV
* Kugwiritsa ntchito lezala kapena mpeni umodzi potema mphini
* Kubaya jakisoni yosaphika
* Kubwerekana majakisoni kwa anthu amene amadzibaya mankhwala m'mitsempha
* Kuchokera kwa mai amene ali ndi kachilombo ka HIV kupita kwa mwana pochila kapena kuyamwitsa

**DZIWANI IZI:**

Anthu amene ali ndi kachilombo ka HIV, amakhala nako moyo wawo onse, ndipo akhoza kupatsira anzawo. Izi zimachitika ngakhale anthuwo alibe zizindikiro ziri zonse zamatenda a Edzi. Ngakhale anthu athanzi ngati ali ndi kachilombo atha kufalitsa.

**M'mene kachilombo HIV Sifalira**

* Polumidwa ndi udzudzu
* Kupsyopsyonana pa tsaya
* Kugwira munthu wodwala matenda
* Kudyera limodzi ndi munthu wodwala matendawa
* Kusamalira munthu amene akudwala matendawa

**Kuwopsya kwa HIV/ Edzi**

* Kupita padera kapena kubadwitsa ana akufa
* Kuchuluka kwa imfa

**Makhalidwe amene amathandiza kufalitsa HIV**

* Kugonana popanda kudzichinjiriza
* Chiwerewere
* Uchidakwa
* Achinyamata kuphunzira kugonana mosaziteteza
* Kugwiritsa ntchito mankhwala osokoneza bongo

**Makhalidwe othandiza kupewa HIV**

* Kukhala okhulupirika pakati pa mwamuna ndi mkazi. Izi zimachititsa kuti pasakhale kuwopsya kuli konse kotengera matenda ngati nonse mukukhulupirika. Kuyezetsa HIV koyambirira kwa chibwenzi kumathandiza kuthetsa kukaikirana.
* Ngati pali chikaiko gwiritsani ntchito kondomu moyenera nthawi iri yonse pomwe mukugonana

Pewani uchidakwa kapena kugwiritsa ntchito mankhwala osokoneza bongo chifukwa izi zimapangitsa munthu kulephera kudziletsa ndipo akhoza kugwa mchinyengo chogonana ndi munthu amene ali ndi HIV

* Pewani kubwerekana majakisoni, masingano, chipangizo china chiri chonse chomwe chimabowola khungu ndi kubayitsa majakisoni osaphitsa.

**KUMBUKIRANI**

Kuti mupeweHIV/AIDS, tsatirani izi:

* Osagonana ndi munthu aliyense; ngati izi sizitheka
* Khalani ndi munthu mmodzi wokhulupirika yemwe muzigonana naye ndiponso kumbukirani kugwiritsa ntchito makondomu moyenera nthawi iri yonse

**M'mene mlangizi wotengera kulera khomo ndi khomo angamuthandizire munthu yemwe akumuganizira kuti ali ndi Edzi**

* Tumizani munthu wodwala matendawa ku chipatala chomwe chiri pafupi
* Aphunzitseni anthu kuwopsya kwa kuyesa kudzichiritsa kapena kukalandira mankhwala kwa anthu osavomerezeka ndi lamulo la boma
* Limbikitsani anthu amene ali ndi kachilombo koyambitsa Edzi kuti adzigiwiritsa ntchito makondomu

**MFUNDO zofunika kuziganizira pophunzitsa za Edzi**

Mlangizi wotengera kulera khomo ndi khomo aphunzitse olera onse zinthu zofunikira izi:

* Mfundo za matenda a Edzi
* M'mene kachilombo ka HIV kamafalira
* M'mene kachilombo ka HIVsikafalira
* Kuopsya kwa HIV
* Makhalidwe amene amathandiza kufala kwa HIV
* Makhalidwe othandiza kuchepetsa kufala kwa HIV
* Kumene anthu angapite ngati ali ndi zizindikiro za EDZI
* Kumene angapite anthu kuti akayezetse ngati ali ndi kachilombo

ka HIV kapena ayi.

**MUTU 32: UCHUMBA**

**NTHAWI YOPHUNZITSIRA: Mphindi: 45**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti uchumba

1. Kutchula zifukwa zisanu ndi zinayi zimene zingapangitse uchumba
2. Kufotokoza udindo wa mlangizi wotengera kulera khomo ndi khomo pothandiza banja losabereka
3. Kufotokoza m'mene mlangizi otengera kulera khomo ndi khomo angathandizire anthu kupewa uchumba

**KONTENTI**

**Tanthauzo la mau akuti uchumba**

Ndi kulephera kwa banja kubereka kapena kukhala ndi mimba pomwe akugonana popanda kugwiritsa ntchito njira yolerera kwa chaka chimodzi kapena kuposa apo.

**Zifukwa zimene zingapangitse uchumba**

* Ngati mu umuna wa abambo mulibe mbeu zokwanira kapena za thanzi.
* Ngati mai satulutsa mazira okhwima kuti akumane ndi mbeu ya abambo.
* Chifukwa chodziwika kwambiri m'Malawi muno, ndimatenda opatsirana pogonana amene amapangitsa ma chubu amai kuti atsekeke, izi zimalepheretsa mazira a mai kudutsa kukakumana ndi mbeu ya abambo, choncho mai sangatenge mimba.
* Machubu abambo akatsekeka, mbeu ya abambo siingathe kudutsa kuchokera ku machende.
* Ngati polositeti galandi siikugwira ntchito yake, mu mpito wa mkodzo mumakhala ukali wa m'mkodzo kotero kuti mbeu ya abambo imafa pa nthawi imene iri kudutsamo
* Ngati chiberekero sichingathe kusunga mwana pa chifukwa cha matenda kapena chilengedwe.
* Ngati mwamuna ndi mkazi sakugonana pa nthawi yoyenera pamene mai akutulutsa dzira lokhwima m'basiketi la mazira.
* Mwina mwamuna akumwa mankhwala wopha mbeu za abambo.
* Zifukwa zina zosadziwika.

**Udindo wa mlangizi otengera kulera khomo ndi khomo pothandiza banja**

**losabereka**

* Mlangizi ayenera kukhala wa chifundo, womvetsetsa ndi wachisoni kubanjalo.
* Mlangizi ayenera kufotokozera banjalo kuti kusabereka kungathe kukhala mbali

zonse ziwiri kwa mwamuna kapena kwa mkazi pazifukwa zosiyanasiyana zimene zifunika kufufuzidwa.

* Mlangizi aphunzitse banjalo za m'mene msambo umayendera ndi nthawi yoyenera kugonana kuti mbeu ya abambo ikakumane ndi dzira lokhwima.
* Mlangizi atumize banjalo ku sikero yolerera yomwe ali nayo pafupi.

**M'mene mlangizi wotengera kulera khomo ndi khomo angathandizire anthu kupewa**

**uchumba.**

* Alangize anthu kuti akhale ndo ogonana naye m'modzi yekha kuti apewe

matenda opatsirana pogonana.

* Mlangizi aphunzitse anthu a m'dera lake izi:

- Zizindikiro zoyambirira za matenda opatsirana pogonana.

- Kuopsa kwa matenda opatsirana pogonana.

- Kumene wodwala angakalandire mankhwala amatenda opatsirana pogonana.

- Kagwiritsidwe ntchito ka makondomu.

* Alimbikitse anthu a m'dera lake kugwiritsa ntchito njira zolerera kuti apewe kutenga mimba yosafunika imene angadzaichotse munjira zosayenera ndikupangitsa matenda okhudzana ndi chiberekero ndi machubu.

**MUTU 33: KUTUMIZA OLERA**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kutumiza olera

1. Kutchula zifukwa zoyenera kutumizira anthu olera kwa anthu omwe

angathandizepo

1. Kutchula mavuto a za kulera oyenera kutumiza mwachangu
2. Kufotokoza momwe mungatumizire munthu ku sikelo yolera
3. Kutanthauzira mau akuti chikalata chotumizira olera kuchipatala
4. Kufotokoza cholinga cha chikalata chotumizira olera kuchipatala
5. Kufotokoza nthawi imene chikalata chotumizira olera ku chipatala

chimalembedwa

1. Kufotokoza ndondomeko ya kalembedwe ka chikalata chotumizira olera

kuchipatala

1. Kusonyeza luso lolembera kalata yotumizira munthu.

**KONTENTI**

**Tanthauzo la mau akuti kutumiza olera**

Iyi ndi njira yotumizira anthu olera kuchokera kwa mlangizi wotengera kulera khomo ndi khomo kupita kwa mlangizi woyang'anira ku sikelo yolerera, a mfumu kapena wina aliyense amene angathandizepo.

**Zifukwa zoyenera kutumizira anthu olera**

a) Kusikelo yolerera

* Olera atsopano ofunika kuyesedwa m'thupi.
* Olera a kale amene amayenera kuyesedwa m'thupi chaka ndi chaka.
* Olera amene ali ndi zovuta.
* Anthu amene ali ndi zovuta.
* Anthu osankha njira zina zolerera zimene mlangizi alibe.
* Olera amene akumuganizira kuti ali ndi mimba.

b) Otumizidwa kwa ena monga mfumu, a komiti, atsogoleri a mipingo ndi alangizi otengera kulera khomo ndi khomo ndi mabungwe.

* Malamulo ena amene mlangizi sakuwamvetsa.
* Anthu amene sangathe kuthandizidwa ndi mlangizi wotengera kulera khomo ndi khomo chifukwa cha kusiyana kwa miyambo ya m'deralo.
* Maanja kapena achibale a olera amene ali ndi mikangano ndi mlangizi wotengera kulera khomo ndi khomo.
* Alangizi otengera kulera khomo ndi khomo amene ali ndi mkangano ndi anthu apa mudzi kapena mlangizi mzake

**Mavuto a za kulera oyenera kutumizidwa mwachangu ku sikelo yolera**

* M'mimba kupweteka kwambiri.
* M'chifuwa kupweteka kwambiri.
* Mutu kupweteka kwambiri.
* Mavuto a maso monga kusaona bwino kapena kutuluka misonzi.
* Kuwawa kwambiri kwa akatumba.
* Ngati mai waikidwa Nolopulanti ndipo pa bala pakupweteka, kutuluka magazi mwinanso mafinya.
* Chikasu.
* Kunenepa kwambiri.
* Kuchedwa kusamba kwa mai amene ali panjira ya lupu.
* Kusowa kwa zingwe kwa mai amene ali panjira ya lupu.
* Kusamba kwambiri (kuphumula).

**Momwe mungatumizire munthu wolera**

Potumiza munthu wolera, mlangizi wotengera kulera khomo ndi khomo ayenera kutsatira ndondomeko iyi:

* Dziwani vuto lotumizira munthu.
* Ganizirani kumene mungamutumize.
* Ganizirani tsiku limene ati adzapite.
* Mlangizeni pa chifukwa chimene akutumiziridwa.
* Lembani chikalata chotumizira olera.
* Lembani mukaundula.
* Muuzeni olera kumene ayenera kupita.
* Muuzeni wolera kuti adzabwere ndi yankho.

**Dziwani izi:** Yankho likadzabwera, lembani mukaundula.

**Kutanthauzira mau akuti chikalata chotumizira olera kuchipatala**

Ichi ndi chikalata chomwe pamalembedwa mbiri ya olera, chifukwa chomutumuzira ku chipatala ndi njira yolerera yomwe ikugwiritsidwa ntchito. Chilinso ndi malo olembapo yankho la kuchipatala.

**Kufotokoza cholinga cha chikalata chotumizira olera kuchipatala.**

Kulembapo zifukwa zotumizira olera kuchipatala ndi yankho la kuchipatala.

**Kufotokoza nthawi imene chikalata chotumizira olera kuchipatala**

**chimalembedwa**.

Chimalembedwa nthawi iri yonse olera akutumizidwa ku chipatala ndi mlangizi wotengera kulera khomo ndi khomo.

**Kufotokoza ndondomeko ya kalembedwe ka chikalata chotumizira olera kuchipatala**.

Onani phunziro la kutumiza olera.

**Malangizo kwa aphunzitsi**

Onetsani luso la kagwiritsidwe ntchito ka chikalata chotumizira anthu olera potsatira malangizo omwe ali mucholinga chachisanu ndi chinayi.

**Kusonyeza luso lolembera kalata yotumizira munthu olera**

Onani phunziro la kutumiza olera.

**CHIKALATA CHOTUMIZIRA WOLERA**

1. Tsiku \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Dzina la wolera:\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_Zaka\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. Uchembere \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

4 Mudzi---------------------------------------T/A----------------------------------------------------

**.**

5. Chifukwa chimene olera watumizidwira (chongani kabokosi koyenera)

a. Kuyesedwa mthupi

b. Njira zina zolerera

* Lupu
* Kutseka abambo/amayi
* Impulanti
* Njira ya chilengedwe
* Njira ya jakisoni (Depo-polovera)

c. Zovuta zina: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. Njira imene akugwiritsa ntchito \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

7. Nambala yomwe olerayo anapatsidwa \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Dzina la mlangizi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

9. Dela logwira ntchito \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

10 **YANKHO**

1. Kuyesedwa m'thupi \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. Njira yolerera imene yaperekedwa \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. Chithandizo chomwe chaperekedwa \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. Dzina la namwino kapena dokotala\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. Tsiku lolandilla chithandizo \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MUTU 34: KUYENDERA OLERA**

**NTHAWI YOPHUNZITSIRA: Mphindi : 45**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kuyendera olera
2. Kutchula magulu anayi a anthu ofuna kuyenderedwa
3. Kufotokoza ndondomeko yofunikira kutsatidwa poyendera olera

**KONTENTI**

**Tanthauzo la mau akuti kuyendera olera**

Ndi kutsatira anthu amene akutenga njira zolerera ndi ena amene angafune njirazi.

**Anthu ofuna kuyenderedwa**

Ndi chofunika kwambiri kwa mlangizi wotengera kulera khomo ndi khomo kuyendera olerawo kuti awasamale ndi kuwalimbikitsa kuti apitirize kulera. Anthu ofunika kuyenderedwa ndi awa:

* Amene ali pa njira zolera.
* Olera amene anatumizidwa kukalandira chithandizo ku chipatala.
* Olera amene mlangizi sanathe kuwaona pa tsiku limene anagwirizana.
* Amene angafune njira zolerera monga anthu amene anaonetsapo chidwi pa nkhani yolera.
* Amene mlangiziyo akufuna kuti akopedwe ku njira zolerera.
* Onse amene anatumizidwa ku chipatala pa zifukwa zosiyanasiyana.

**Ndondomeko yofunika poyendera olera**

* Yang'anani mu kaundula kuti muone anthu ofunika kuwayendera.
* Yenderani anthu ofunika kuwayendera motsata chikalata cha chiringanizo chogwirira ntchito cha milungu itatu.
* Tengani zipangizo zonse zogwirira ntchito yanu.
* Funsani ndi kuyang'ana zimene zalembedwa pa chikalata chochokera ku sikelo ya za kulera kapena kuchipatala.
* Perekani chithandizo chofunikira malingana ndi zimene mwazipeza.
* Lembani zimene mwachita.

# MUTU 35: KUSUNGA MALEKODI

**NTHAWI YOPHUNZITSIRA: Mphindi 330**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kusunga malekodi

2. Kufotokoza kufunika kosunga malekodi mu ntchito yolera

3. Kutchula mitundu ya malekodi omwe imagwiritsidwa ntchito ndi mlangizi wotengera kulera khomo ndi khomo

4. Kufotokoza fomu yotchedwa LMIS-01F (Tale shiti)

5. Kufotokoza cholinga cha form ya LMIS-01F

6. Kufotokoza nthawi imene fomu ya LMIS-01F iyenera kulembedwera

7. Kulongosola ndondomeko ya kalembedwe ka form ya LMIS-01F

8. Kusonyeza luso lolemba fomu ya LMIS-01F

9. Kufotokoza kadi yaolera

10. Kufotokoza cholinga chakadi yaolera

11. Kufotokoza nthawi imene kadi ya olera iyenera kulembedwera

12. Kulongosola ndondomeko yakalembedwe kadi ya olera

13. Kusonyeza luso la kalembedwe ka kadi ya olera

14. Kufotokoza kaundula wa olera

15. Kufotokoza cholinga ch kaundula wa olera

16. Kulongosola ndondomeko ya kalembedwe kakaundula wa olera

### 

# KONTENTI

# Tanthauzo la mau akuti kusunga malekodi

Mauwa atathauza kulemba ndi kusunga zochitika zokhudza ntchito.

**Kufunika kosunga malekodi a ntchito za kulera**

* Kupereka malipoti amene amaonetsa m'mene ntchito ya mlangizi wotengera kulera khomo ndi khomo ikuyendera.
* Kuwona ndi kufufuza m'mene ntchito ikuyendera.
* Kukonza mapulani a m'mene ntchito idzayendere mtsogolo.
* Kupititsa mtsogolo ntchito yotengera kulera khomo ndi khomo.
* Kufotokoza m'mene njira zolerera zikuperekedwera.
* Kudziwa chiwerengero cha njira zolerera zofuna kupatsidwa kwa mlangizi.
* Kukhala mboni pakakhala mavuto.
* Kuthandiza pochita kafukufuku.

**Mitundu ya malekodi a mlangizi wotengera kulera khomo ndi khomo**

* Tale shiti (Fomu LMIS-01F).
* Kadi ya olera.
* Kaundula wa olera.
* Chikalata chotumizira olera ku chipatala.
* Chikalata cholembapo anthu ogwiritsa ntchito makondomu pazifukwa zina osati kulera.

**Tale Shiti (Fomu ya LMIS-01F)**

* Fomuyi imagwiritsidwa ntchito ngati kaundula wa tsiku ndi tsiku.
* Imasonkhanitsa chiwerengero cha anthu onse ndi njira zimene alandira.
* Fomuyi iri ndi malo olembapo dzina la mlangizi, mwezi, ndi chaka.
* Tale shiti iri ndi zigawo izi:

**Gawo 1:** Dzina la mlangizi, mwezi ndi chaka

**Gawo 2:** Likuimira olera atsopano, akale, oyambiranso, osintha njira ndi njira

zomwe zaperekedwa.

***Olera atsopano***: Awa ndi amene asankha ndi kulandira njira yolerera koyamba m’moyo mwawo.

***Olera akale***: Awa ndi amene anayamba kulandira njira yolerera kale ndopo akupiritiza njira yomweyo.

***Olera oyambiranso***: Awa ndi amene adayamba asiya njira yolerera kuchokera kwa inu kapena kwina kulikonse ndipo lero ayambiranso.

***Olera Osintha njira***: Awa ndi amene amagwiritsira ntchito njira yolerera koma lero asankha njira ina yatsopano.

**Gawo 3:** Likuimira otumizidwa kuchipatala ndi mayankho a ku chipatala.

**Gawo 4:** Likuimira oyezedwa magazi

**Gawo 5:** Likuimira anthu amene ayesedwa magazi ndipo atumizidwa kumagulu ena (HTC, ART, PMTCT, Support groups)

**Gawo 6:** Chiwerengero cha mwezi wonse. Gawoli liri ndi malo olembapo nambala ya olera atsopano, akale, oyambiranso, osintha njira, njira zoperekedwa, njia zoonongeka, njira zogawana ndi zotsala pakutha pa mwezi, chiwerengero cha olera amenatumizidwa ku chipatala ndi mayankho ochokera ku chipatalako

**Gawo 7**: Likuimirira zaka za olera atsopano Gawoli liri ndi maziro. Ziro aliyense amalembedwa mzere pakati kuyimira wolera m’modzi wansinkhuwo amene walandira njira yolererayo.

**Gawo 8**: Likuimira nambala ya uchembere ya olera atsopano. Gawoli liri ndi maziro. Ziro aliyense amalembedwa mzere pakati kuyimira nambala ya uchembere wa olera watsopano pa njira iriyonse.

**Gawo 9**: Likuimira chifukwa chosiyira kugwiritsa ntchito njira zolerera. Gawoli liri ndi maziro. Ziro aliyense amalembedwa mzere pakati Kuimira chifukwa chosiyila kugwiritsa ntchito njira zolelera kwa olera aliyense wogwiritsa njira iriyonse.

**Cholinga cha Tale Shiti**

Kusonkhanitsa chiwerengero cha anthu onse olera ndi njira zimene alandira.

**Nthawi imene Tale Shiti iyenera kulembedwa**

* Nthawi iliyonse pamene njira yolerera yaperekedwa kwa olera.
* Pomwe wolera watumizidwa ku chipatala.
* Nthawi iliyonse pamene wolera wabweretsa yankho la ku chipatala.

**Ndondomeko yolembera Tale Shiti**

**Gawo 1**

**Dzina la mlangiz**i: Lembani dzina la mlangizi otengera kulera khomo ndi khomo

**Mwezi**: Lembani mwezi omwe tale shiti ikugwiritsidwa ntchito

**Chaka**: Lembani chaka chomwe tale shiti ikugwiritsidwa ntchito

**Gawo 2**

**Olera a tsopano**

Lembani mzere pakati pa ziro m'modzi kuimira wolera m'modzi watsopano ndi aliyense amene walandira njira yolerera koyamba.

**Olera a kale**

Lembani mzere pakati pa ziro m'modzi kuimira njira imene yaperekedwa kwa wolera wakale.

**Olera oyambiranso**

Lembani mzere pakati pa ziro m'modzi kuimira njira imene yaperekedwa kwa wolera woyambiranso.

**Olera osintha njira**

Lembani mzere pakati pa ziro m'modzi kuimira njira imene yaperekedwa kwa wolera wosintha njira

**Njira zoperekedwa**

Lembani mzere pakati pa ziro kuimira chiwerengero cha njira zimene zaperekedwa kwa olera. Mwachitsanzo:

* Njira yolerera ya mapiritsi akumwa, ziro m'modzi wa mzere pakati aimira paketi imodzi ya mapiritsi.
* Panjira yolerera ya kondomu ya abambo, ziro m'modzi wa mzere pakati aimira ma kondomu makumi awiri.
* Pa njira yolera ya kondomu ya amayi, ziro m'modzi wa mzere pakati aimira mapiritsi makumi awiri.

**Gawo 3**

**Wolera wotumizidwa ku chipatala**

Lembani mzere pakati pa ziro kusonyeza kuti wolera watumizidwa ku chipatala chifukwa cha zifukwa zina zomwe zalembedwa mu gawo la kumanzere.

**Mayankho a ku chipatala**

Lembani mzere pakati pa ziro kusonyeza kuti olera amene anatumizidwa ku chipatala wabwerako ndi yankho.

**Gawo 4**

1. **Chiwerengero cha mwezi wonse cha olera atsopano**

Onkhetsani maziro a mzere opingasa pa njira iriyonse yoperekedwa kwa olera atsopano ndipo lembani chiwerengero chonse.

1. **Chiwerengero cha mwezi wonse cha olera a kale**

Onkhetsani maziro a mzere wopingasa pa njira iri yonse yoperekedwa kwa olera a kale. Ndipo lembani chiwerengero chonse.

1. **Chiwerengero cha mwezi wonse cha olera oyambiranso**

Onkhetsani maziro a mzere wopingasa pa njira iri yonse yoperekedwa kwa olera oyambiranso Ndipo lembani chiwerengero chonse.

1. **Chiwerengero cha mwezi wonse cha olera osintha njira**

Onkhetsani maziro a mzere wopingasa pa njira iri yonse yoperekedwa kwa olera osintha njira. Ndipo lembani chiwerengero chonse.

1. **Chiwerengero cha mwezi wonse cha njira**

Onkhetsani njira iriyonse imene mwapereka kwa olera atsopano ndi akale ndipo pezani chiwerengero chonse pa njira zonse pazokhapazokha.

1. **Chiwerengero cha mwezi wonse cha njira zoonongeka**

Lembani chiwerengero cha njira zonse zoonongeka ndi zotaika

1. **Chiwerengero cha mwezi wonse cha njira zogawana**

Lembani chiwerengero cha njira zimene mwagawira anzanu kapena anzanu akugawirani

1. **Chiwerengero cha njira zotsala pakutha pa mwezi umodzi**

Werengerani njira zolerera zotsalira pakutha pa mwezi ndipo lembani chiwerengero chonse cha njira zotsatira iri yonse payokhapayokha.

1. **Chiwerengero cha otumizidwa onse**

Onkhetsani ndi kulemba chiwerengero cha olera onse amene atumizidwa ndi mlangizi wotengera kulera khomo ndi khomo ku sikelo yolerera chifukwa cha zifukwa zomwe zalembedwa pa tale shitiyi.

1. **Chiwerengero cha mayankho onse**

Lembani chiwerengero cha olera onse amene anatumizidwa ku chipatala ndipo abwerako ndi mayankho.

1. **Chiwerengero cha mwezi wonse cha olera atsopano**

Onkhetsani olera onse atsopano amene alandira njira ndipo lembani chiwerengero cha onse.

1. **Chiwerengero cha mwezi wonse cha olera akale**

Onkhetsani olera onse akale amene alandira njira ndipo lembani chiwerengero cha onse.

1. **Chiwerengero cha mwezi wonse cha olera oyambiranso**

Onkhetsani olera onse oyambiranso amene alandira njira ndipo lembani chiwerengero cha onse.

1. **Chiwerengero cha mwezi wonse cha olera osintha njira**

Onkhetsani olera onse osintha njira amene alandira njira ndipo lembani chiwerengero cha onse.

1. **Chiwerengero cha mwezi wonse cha onse otumizidwa ku chipatala**

Onkhetsani onse otumizidwa ku chipatala ndi kulemba chiwerengero cha onse.

1. **Chiwerengero cha mayankho a mwezi onse**

Onkhetsani ndi kulemba chiwerengero chonse cha mayankho a ku chipatala a mwezi wonse.

**Gawo 7**

**Zaka za olera atsopano**

Lembani mzere pakati pa ziro m’modzi kusonyeza olera watsopano m’modzi, mzinkhu wake ndi njira imene walandira.

Gawo 8

Nambala ya uchembere ya olera atsopano

Lembani mzere pakati pa ziro m’modzi kusonyeza wolera watsopano, nambala ya uchembere wake ndi njira imene walandira.

Gawo 9

Chifukwa chosiyira kugwiritsa ntchito njira zolerera

Lembani mzere pakati pa ziro m’modzi kusonyeza chifukwa chimene wolera m’modzi wasiyira kugwiritsa ntchito njira zolerera.

**Kusonyeza luso polemba Tale Shiti**

Malangizo kwa mphunzitsi

* Pachikani laminetedi Tale Shiti pakhoma
* Alembe pa tale shiti maziro angapo pamene pali njira ya mapiritsi ndi makondomu.
* Afunseni ophunzira kuti awonkhetse ndi kupeza chiwerengero cha njira zomwe zaperekedwa kwa olera.
* Ngati ophunzira atha, mphunzitsi aone ngati ophunzira aliyense wakhoza kapena ai ndipo athandize.
* Perekani mafunso a tale shiti kwa ophunzira aliyense kuti alembe pa taleshiti imene mwawapatsa.
* Chongani ndi kulangiza wophunzira aliyense moyenerera.

**KADI YA WOLERA**

Kadi iri limalembedwa ndi mlangizi wa za kulera ndipo limapatsidwa kwa wolera kuti akasunge kunyumba (onani chitsanzo cha kadi). Kadili linagawidwa muzigawo izi:

**Gawo A**

- Dzina la wolera

- Mudzi

- Nambala

- Tsiku loyamba

- Zaka

- Uchembere

- Njira yolerera

- Dzina la CBD Project

- Dzina la mlangizi

- Dera

Kadi iri liri ndi ndondomeko yomuyenereza mai kulandira njira ya mahomoni. Irinso ndi gawo lotumizira olera ku sikelo yolerera ndi malo olemba popitiriza kumuona olera.

**Gawo B**

**Chikalata chomuyenereza olera kugwiritsa ntchito njira ya Mahomoni.**

Chikalata chomuyenereza olera kugwiritsa ntchito njira ya mahomoni chili ndi malo pamene pali mafunso omuyenereza olera kulandira njira ya mahomoni. Chikalatachi chiyenera kugwiritsidwa ntchito pa wolera aliyense amene afuna kulandira njira ya mahomoni.

**Dziwani izi:**

Onani phunziro la chikalata chomuyenereza mai kulandira njira ya mahomoni kuti mudziwe zambiri zachikalatachi.

**Gawo C**

**Chikalata chotumizira olera ku chipatala**

Pa chigawo ichi pamalembedwa chifukwa chotumizira wolera ndi yankho la kuchipatala.

**Gawo D**

**Kupitiliza**

Kadili liri ndi malo olembapo chithandizo choperekedwa kwa wolera opitiriza.

**Cholinga cha kadi ya olera**

* Kulemba mbiri ya olera.
* Kufufuza ngati olera ali woyenera kulandira njira ya maholomoni.
* Kutumiza koyamba olera ku chipatala.
* Kulembapo chithandizo chomwe chaperekedwa kwa olera opitiriza

**Nthawi imene kadi ya olera iyenera kulembedwa.**

Kadiyi iyenera kulembedwa nthawi imene wolera akuyamba kulandira njira yolerera ndi nthawi iri yonse walandira chithandizo kuchokera kwa mlangizi wotengera kulera khomo ndi khomo.

**Ndondomeko ya kalembedwe ka kadi ya wolera**

**Gawo A**

Lembani dzina la wolera

Dzina la mudzi wa wolera kapena keyala.

Lembani nambala ya wolera yomwe iri mu kaundula.

Lembani tsiku (deti) lomwe wolera waonedwa koyamba.

Lembani zaka za wolera.

Lembani uchembere wa wolera.

Lembani njira yosankhidwa.

Lembani dzina la pulojeketi.

Lembani dzina la malangizi wotengera kulera khomo ndi khomo.

Lembani dera la mlangizi wotengera kulera khomo ndi khomo.

**Gawo B**

Fufuzani ngati wolera ali woyenera kulandira njira ya mahomoni.

**Gawo C**

Lembani tsiku lomwe wolera watumizidwa ku chipatala koyamba ndi chifukwa chomwe watumiziridwa.

Chidziwitso: Potumiza wolera kachiwiri kapena kupitirira gwiritsani ntchito chikalata chotumizira wolera kuchipatala.

**Gawo D**

**Kupitiriza**

Lembani:

- tsiku lomwe wolera wawonedwa.

- tsiku lomwe wolera adzawonedwenso

- tsiku lomwe anasamba komaliza.

* njira yoperekedwa ndi ndemanga.

**Kusonyeza luso polemba kadi ya olera**

**KAUNDULA WA OLERA**

Kaundula ndi buku limene mumalembedwa zonse zokhudza olera ndi ntchito za mlangizi. Kaundulayu anagawidwa muzigawo zinayi.

**Cholinga cha kaundula wa olera**

Kulembamo chithandizo chonse chimene chaperekedwa kwa olera ndi mlangizi wotengera kulera khomo ndi khomo.

**ZIGAWO ZA KAUNDULA**

Kaundula ali ndi zigawo izi:

**Gawo loyamba: Mbiri ya olera**

Mumalembedwa olera okhawo amene athandizidwa ndi mlangizi ndipo ali panjira yolerera.

**Gawo lachinayi: Misonkhano**

Mumalembedwa misonkhano yonse ndi uphunzitsi wa pagulu umene mlangizi

wachititsa.

**Gawo lachitatu: Oyenderedwa**

Mumalembedwa anthu onse amene aonedwa ndi mlangizi ndipo sanalembedwe pali ponse mukaundula. Mwachitsanzo; anthu amene angokambirana nawo zakulera chabe.

**Gawo lachiwiri: Olera osankha njira zina**

Mumalembedwa olera onse amene asankha njira zina ndipo atumizidwa ku chipatala.

**Dziwani izi:**

Kuyambira pa mpata wa khumi ndi zisanu nd ichinayi (19) mpakana mpata wam makhumi, awiri ndi imodzi (21) pamagwiritsidwa ntchito polembamo chithandizo choperekedwa kwa olera opitiriza.

**OGWIRITSIRA NTCHITO MAKONDOMU (MAKONDOMU AMAYI KAPENA ABAMBO) PAZIFUKWA ZINA OSATI KULERA**

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|  |  |  |  | **Tsiku (Lembani deti ndi kuchonga padetilo)** | | | | | | | | | | | | |
| **Dzina** | **Mudzi** | **Zaka** | **Sex** | **Date** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** | **M** | **F** |
| Maria Gama | Kama | 34 | F | 10/01/2012 |  |  |  |  |  |  |  |  |  |  |  |  |
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**NDONDOMEKO NDI MALANGIZO WOMUYENEREZA MAI KULANDIRA NJIRA YA MAHOLOMONI**

**MAFUNSO**

**Inde Ayi**

1. (a) Munadwalapo mutu wopweteka kwambiri umene sumasiya? [ ] [ ]

(b) Munadwalapo mutu waching'alang'ala? [ ] [ ]

2. Munadwalapo khunyu (Chifufu)? [ ] [ ]

3. Munadwalapo nthenda yachikasu? [ ] [ ]

4. Munakhalapo ndi zotupa zam'mawere? [ ] [ ]

5. Munamvapo kupweteka kwa m'chifuwa ndipo mumalephera kupuma? [ ] [ ]

6. Mumamva befu mukamayenda kapena kugwira ntchito pang'ono? [ ] [ ]

7. Munadwalapo nthenda ya shuga? [ ] [ ]

8. Munadwalapo nthenda yothamanga magazi? [ ] [ ]

9. Mumataya magazi pamene mwakhala malo amodzi ndi bambo? [ ] [ ]

10. Kodi mumasamba kawiri-kawiri pa mwezi kapena kudumphitsa? [ ] [ ]

11. Kodi mwezi watha wakupitani? [ ] [ ]

12. Kodi mukuganiza kuti muli ndi mimba [ ] [ ]

13. Kodi muli ndi misempha yotupa kuseli kwa miyendo? [ ] [ ]

14. Kodi munadwalako chifuwa chachikulu cha TB? [ ] [ ]

**MALANGIZO**

1. Ngati mayi wayankha kuti **“AYI”** pa mafunso onse, alandire njira ya mapiritsi.

2. Ngati mayi wayankha kuti **“AYI”** pa mafunso onse koma ali ndi mwana wa miyezi isanu ndi umodzi

Kapenaw ocheperapo, alandire mapiritsi a mphamvu imodzi.

3. Ngati mayi wayankha kuti **“INDE”** pa funso lina, asalandire njira ya mapiritsi, mutimizeni ku

chipatala cha ku dera lanu kuti anamwino opereka njira zolera akamupime ndikumuthandiza.

**KUTUMIZA**

**KUTUMIZA WOLERA KUCHIPATALA**

TSIKU \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Chifukwa chotumizira: (Chongani bokosi loyenera)

(a) Kukayezedwa m'thupi [ ]

(b) Akufuna njira zina [ ]

(c) Ali ndi zovuta zina ndi njira yomwe akulerela [ ]

Dzina la Mlangizi:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Yankho lochekera ku sikelo yolerera:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dzina la Namwino kapena Dokotala:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ANNEX 8: CLIENT CONTRACEPTIVE AND HIV TESTING TALLY THEET**

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| **REPUBLIC OF MALAWI** | | | | | | | | | | | | | | | **LMIS-01F** | | |
| **MINISTRY OF HEALTH** | | | | | | | | | | | | | | | | | |
| **CBD Client Contraceptive and HIV Testing Tally Sheet** | | | | | | | | | | | | | | | | | |
| **DZINA LA MLANGIZI:** |  | | | | | | **MWEZI:** | |  | | **CHAKA:** | |  | | | | |
|  | | | | | | | | | | | | | | | | | |
| **NJIRA** | **WOLERA ATSOPANO** | | **WOLERA AKALE** | | **WOLERA OYAMBIRANSO** | | | **WOLERA OSINTHA NJIRA** | | | **CHIWERENGERO CHA NJIRA** | | | | | | |
| **MAPIRITSI A MPHAMVU ZIWIRI** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | **M'modzi aimira paketi imodzi** | | | | | | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **MAPIRITSI A MPHAMVU IMODZI** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | **M'modzi aimira paketi imodzi** | | | | | | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **MAKONDOMU ABAMBO** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | **M'modzi ayimira Makondomu 20** | | | | | | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **MAKONDOMU AMAYI** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | **M'modzi ayimira Makondomu 20** | | | | | | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **Depo Provera** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | **M'modzi ayimira Botolo Limodzi** | | | | | | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | | OOOOO |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | | OOOOO |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | OOOOO | OOOOO | | OOOOO | | | OOOOO |

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| **WOTUMIZIDWA KUCHIPATALA** | | | | | | | | | **MAYANKHO A KU CHIPATALA** | | | | | |
|  | **WOLERA ATSOPANO** | | | | **WOLERA AKALE** | | | |  | | | | | |
| **OKAYESEDWA MTHUPI** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **WOSANKHA NJIRA ZINA** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| **AZOVUTA ZINA** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO | |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOO | OOOOO | | OOOOO | | OOOOO | |
| **HIV COUNSELING AND TESTING** | | | | | | | | | | | | | | |
| **TEST** | **18 MONTHS – 14 YRS** | | **15 YRS – 24 YRS** | | | **25 YRS – OLDER** | | | **NUMBER OF TESTS USED** | | | | | |
|  | **M** | **F** | **M** | **F-NP** | **F-P** | **M** | **F-NP** | **F-P** |  | | | | | |
| **DETERMINE** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO |
| OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO |
| **UNIGOLD** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO |
| **BIOLINE** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | | OOOOO | | OOOOO |
| **TOTALS +VE** |  | | | | | | | |  | | | | | |
| **TOTALS –VE** |  | | | | | | | |

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| **HIV TESTING REFERRALS** | | | | | | | | | | | | |
|  | **18 MONTHS – 14 YRS** | | **15 YRS – 24 YRS** | | | **25 YRS – OLDER** | | | **EFFECTIVE REFERRALS** | | | |
| **HTC** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO |
| **ART** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO |
| **PMTCT** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO |
| **SUPPORT GROUPS** | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO | OOOOO |
| **TOTALA** |  | |  | | |  | | |  | | | |

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| **CHIWERENGERO CHA MWEZI ONSE** | | | | | | | | | | | | | |
|  | **WOLERA ATSOPANO** | **WOLERA AKALE** | **WOLERA OYAMBANSO** | **WOLERA OSINTHA NJIRA** | | **NJIRA ZOPEREKEDWA** | **ZOONONGEKA/**  **ZOTAYIKA/ OGAWANA (+) / (-)** | | **ZOTSALA POTHA PA MWEZI** |  | **OTUMIZIDWA ONSE** | | **MAYANKHO ONSE** |
| **MAPIRITSI A MPHAMVU ZIWIRI** |  |  |  |  | |  |  |  |  | **OKAYASEDWA MTHUPI** |  | |  |
|
| **MAPIRITSI A MPHAMVU IMODZI** |  |  |  |  | |  |  |  |  | **NJIRA ZINA** |  | |  |
|
| **MAKONDOMU ABAMBO** |  |  |  |  | |  |  |  |  | **ZOBVUTA ZINA** |  | |  |
|
| **MAKONDOMUAMAYI** |  |  |  |  | |  |  |  |  | **ZOBVUTA ZINA** |  | |  |
|
| **DEPO PROVERA** |  |  |  |  | |  |  |  |  |  | | | |
| **DETERMINE** |  | | | | |  |  |  |  |
| **UNIGOLD** |  |  |  |  |
| **BIOLINE** |  |  |  |  |
| **TOTALA** |  |  |  | |  |  | | | | |  |  | |

**MUTU 36: ZIPANGIZO ZOPHUNZITSIRA ZA KULERA NDI ZOGWIRITSIRA**

**NTCHITO MLANGIZI WOTENGERA KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI 60**

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti zipangizo zophunzitsira za kulera

2. Kutchula zipangizo zophunzitisira zimene mlangizi otengera kulera khomo ndi khomo angagwiritse ntchito pophunzitsa

3. Kutchula ubwino utatu wogwiritsa ntchito zipangizo zophunzitsira za kulera

4. .Kutchula kuipa kuwiri kogwiritsa ntchito zipangizo zophunzitsira za kulera

5. Kufotokoza kagwiritsidwe ntchito ka zipangizo zophunzitsira popereka uphungu kapena kukopa anthu

1. Kufotokoza ndondomeko yosankhira zipangizo zoyenera kuphunzitsira
2. Kutanthauzira mau akuti zipangizo zogwiritsira ntchito alangizi otengera kulera khomo ndi khomo
3. Kutchula zipangizo zogwiritsira ntchito alangizi otengera kulera khomo ndi khomo
4. Kufotokoza kasamalidwe ka zipangizo zogwiritsira ntchito alangizi otengera kulera khomo ndi khomo.

**KONTENTI**

**Tanthauzo la mau akuti zipangizo zophunzitsira**

Ndi zida zimene zimathandiza kuphunzitsa ndi kuphunzira poziona. Izi ndi monga: mapositala, filipi chati, mapepala olembedwa kale ndi ziwalo za anthu zoumbidwa/zosema ndi zina zotero.

**Zipangizo zimene mlangizi angagwiritse ntchito pophunzitsa.**

* Filipi chati ya "Kabanja" kapena "Kulera".
* Mapositala.
* Mapepala olembedwa kale a njira za kulera.
* Timabuku.
* Ziwalo zoumba kapena zosema ndi zina zotere.

**Ubwino utatu wogwiritsa ntchito zipangizo zophunzitsira za kulera**

* Zimapangitsa phunziro kuti likhale losangalatsa.
* Ophunzira amakhala ndi chidwi.
* Zimathandiza kulongosolera MFUNDO kapena zinthu zovutilapo.

**Kuipa kuwiri kogwiritsa ntchito zipangizo zophunzitsira za kulera**

* Zimafuna mlangizi wakhama kuti apeze zipangizozi
* Phunziro limafunika nthawi yokwanira yowonetsa ndikufotokoza zazipangizo.

**Kagwiritsidwe ntchito ka zipangizo zophunzitsira popereka uphungu kapena**

**kukopa anthu**

**Mafilipi Chati**

* Onetsetsani kuti filipi chati ili pa malo pamene aliyense akhoza kuyiona.
* Imani kumbali osati kutsogolo kwa filipi chati ndipo tiyang'ane kwa anthu amene tikuwaphunzitsa.
* Lozani zinthu zimene zikupereka uthenga pankhani imene ikukambidwa.
* Ngati filipi chati iri yaing'ono yoti anthu sangathe kuiona bwino nyamulani ndi kuyenda nayo kuti anthu ayione bwino.

**Mapositala**

Mlangizi wotengera kulera khomo ndi khomo akhale ndi chizolowezi chopachika mapositala m'dera lake. Mapositala amenewa amakhala ndi uthenga okopa anthu kuti agwiritse ntchito njira zolera. Mlangizi aganizire bwino anthu amene angamve uthenga wa mapositala ndipo apachike pooneka bwino monga pa msika, kiliniki, tchalitchi, malo okwerera basi ndi ena otero. Asanapachike ayenera kupempha chilolezo.

Mlangizi agwiritse ntchito positala pophunzitsa pa gulu, potsindika mfundo kapena kuti anthu akambirane zimene ziri pa positala. Kuti positala ithandize, iyenera kuti ipachikidwe:

* Malo amene anthu ambiri akhoza kuiona.
* Malo amene ali otetezedwa ku mvula, mphepo ndi fumbi.
* Malo oti anthu akhoza kuwerenga mosavuta.

**Timapepala ndi timabuku tolembedwa za kulera**

Timeneti timagwiritsidwa ntchito pofuna kutsindika zimene mlangizi waphunzitsa, kapena kukambirana pa za kulera ndi munthu kapena gulu.

**Mlangizi ayenera kuchita izi:**

* Aonetse kapena kuwerenga timapepala ndi timabuku kwa ofuna chithandizoyo. Izi zimathandiza kuti alongosole mfundo zofunika ndi zimene zajambulidwa ndiponso kuyankha mafunso. Izi ndizothandiza kwambiri kwa olera omwe sangathe kuwerenga.
* Aloze pa chithunzi pamene akulongosola monga kuonetsa m'mene lupu imaikidwira kapena pamene amadula akamatseka abambo.
* Ayang'ane m'mene nkhope za anthu amene akuwaphunzitsa zikuonekera, kuti adziwe ngati ofuna chithandizowo akumvetsetsa zimene mlangizi akukamba. Ngati sakumvetsetsa apatsidwe mpata ofunsa mafunso kapena kuyankhula za kukhosi kwawo. Kukambiranaku kumathandiza kupanga ubale pakati pa mlangizi ndi ofuna chithandizowo. Ofuna chithandizo kapena olera akamukhulupirira mlangizi amakhulupiranso malangizo kapena njira imene asankha.
* Apereke timabukuti ndi mapepalawa kwa olera kuti atengere kwao ngati ali nawo. Olera amakondwera popatsidwa timabuku kapena timapepala tolembedwa za kulera. Izi zimathandiza olera kuti akawerenge ndi kukumbuka malangizo ofunika akakafika kunyumba. Awalimbikitse olera kuti akawapatse anzawo kuti nawonso awerengeko.

**Ziwalo za munthu zoumba**

Izi zimathandiza kuonetsa m'mene mkati mwa ziwalo zoberekera za mwamuna kapena mkazi muliri. Zimathandizanso pophunzitsa kavalidwe ka kondomu, ndikaikidwe ka lupu. Izi zimagwiritsidwa ntchito pophunzitsa munthu m'modzi kapena gulu laling'ono chifukwa zimakhala zazing'ono zoti sizingaoneke patali.

Choyamba mlangizi alongosole ziwalo zimene ophunzira akuziona. Mlangizi anyamule choumba kuti ali yense aone pamene akufotokoza m'mene ziwalo zimagwirira ntchito.

**Kasankhidwe ka zinthu zoyenera pophunzitsa**

Sizithunzi zonse zimene ziri zoyenera pa phunziro liri lonse. Poyamba mlangizi akonze cholinga, mfundo ndi ndondomeko ya phunziro lake. Mwachidule zithunzi zimathandiza pophunzitsa osati ndi chifukwa choti aphunzitsire. Asankhe zipangizo zomwe ziri zoyenera ndi phunziro lake.

**Dziwani Izi:**

* Kugwiritsa bwino zithunzi pophunzitsa kumathandiza kuti wophunzira aziganiza bwino. Alangizi agwiritse ntchito zidazi kuti phunziro kapena kukambirana kukhale kosangalatsa ndiponso kwa phindu.
* Alangizi nthawi zonse aziyesa kugwiritsa ntchito zipangizo kawirikawiri. Palibe njira imodzi imene iri yabwino. Ubwino wa njira iri yonse wagona pa mphunzitsi, wophunzira, zochitika zake ndi kuyesa kwa mphunzitsiyo. Palibe lamulo loti nkutsata kuti kagwiritsidwe ntchito ka zithunzithunzi kakhale kopambana.

**Kutanthauzira mau akuti zipangizo zogwiritsira ntchito alangizi otengera kulera khomo ndi khomo**

Ndi zida zimene mlangizi wotengera kulera khomo ndi khomo amagwiritsa ntchito popereka njira zolerera kwa olera.

**MUTU 37: KUKAMBIRANA PA ZA KULERA**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kukambirana

2. Kufotokoza cholinga cha kukambirana

3. Kufotokoza Ndondomeko ya kukambirana

4. Kufotokoza kusiyana kwa njira ziwiri zokambirana

5. Kufotokoza zimene zimalepheretsa kumvana bwino pokambirana

6. Kufotokoza udindo wa mlangizi otengera kulera khomo ndi khomo pochepetsa kusamvana pokambirana

7. Kufotokoza luso logwirira ntchito pokambirana

**KONTENTI**

**Tanthauzo la mau akuti kukambirana**

Ndi njira imene anthu amasinthana maganizo, uthenga kapena zochitika kuti agwirizane.

**Cholinga cha kukambirana**

Kudziwitsa- mfundo yatsopano imene imaperekedwa kwa anthu kuti aidziwe

Kuphunzitsa- mfundo yatsopano imene imafotokozedwa kwa anthu ndi kuwadziwitsa ubwino wake ndi zofooka zake.

Kuchonderera- anthu amapatsidwa mfundo zowakopa ndi cholinga choti abvomereze mfundo za tsopano ndi kuchitapo kanthu.

Kusangalatsa- anthu amakopeka ndi mtima wonse ndi mfundo zimene zaperekedwa.

**Ndondomeko ya kukambirana**

Kukambirana kuli m'mzigawo zisanu. Zigawozo ndi izi:

1. Mtumi wauthenga

Kumene kwachokera uthenga, mwachitsanzo amene wabweretsa uthenga wa kulera kwa anthu.

2. Uthenga

Mfundo yatsopano imene yaperekedwa, mwachitsanzo, mlangizi wotengera kulera khomo ndi khomo akhoza kupereka uthenga waubwino wa kulera.

3. Njira yoperekera uthenga

Umu ndi momwe uthenga ungaperekedwere kuchokera kwa otumiza kupita kwa olandira; mwachitsanzo kukambirana pamaso ndi pamaso, mu uphungu ndi kufotokozera, kudzera pawailesi, mabuku, nyuzi pepala ndi zithunzi.

4. Mlandiri wa uthenga

Uyu ndi munthu amene akumvetsera ndipo akumasulira uthenga umene ukulankhulidwa. Pankhani ya kulera olandira uthenga ndi akazi ndi amuna amene afika pa msinkhu obereka. Olandira uthengayo amatanthauzira uthengawo ndikupereka yankho.

5. Yankho

Ndi uthenga ochokera kwa mulandiri kupita kwa mtumi, olandirayo amatanthauzira uthengawo.

**NDONDOMEKO YOKAMBIRANA**

**UTHENGA**

MTUMI MLANDIRI

NJIRA

YANKHO

**Njira ziwiri zokambirana**

* **Kukambirana pogwiritsa ntchito mau**

Uku ndi kulankhula pakati pa wina ndi nzake kapena pagulu pogwiritsa ntchito

mau. Njira imeneyi ndiyothandiza kwambiri kupereka MFUNDO zofunika.

* **Kukambirana pogwiritsa ntchito zizindikiro**

Iyi ndi njira yolankhulana pogwiritsa ntchito zizindikiro zimene ziri ndi matanthauzo osiyanasiyana. Zizindikiro zimenezi ndi monga kuyendetsa thupi, maonekedwe a nkhope, kukweza ndi kutsitsa mau, kugwiritsa ntchito maso, kukhudzana ndi kuyandikana. Njira imeneyi imathandiza kwambiri pofotokoza za ubale umene uli pakati pa anthu.

Mlangizi otengera kulera khomo ndi khomo ayenera kukhala ndi tcheru poonetsetsa zizindikiro zomwe anthu akuzionetsa polankhula chifukwa ena amalephera kufotokozera ndi mau. Chomwechonso mlangizi akhale tcheru ndi zizindikiro zomwe akuzionetsa kwa anthu omwe akulankhula nawo.

**Zimene zimalepheretsa kukambirana bwino**

1. Zinthu zooneka ndi zogwirika zimene zingalepheretse kukambirana bwino monga

* Kusowa kwa malo
* Kusowa malo okambirana mwa chinsinsi
* Kusowa malo opita mphepo yabwino
* Kusowa nthawi yokambirana

2. Zinthu zokhudzana ndi miyambo, chikhalidwe ndi maganizo

* Zolepheretsa zokhudzana ndi chikhulupiriro, chikhalidwe cha anthu, kusiyana kwa zilankhulo, mau a chilendo, kusiyana chipembedzo, mtundu wa anthu, mwamuna kapena mkazi ndi zaka za kubadwa.
* Mtima wachiweruzo, kukondera, kusowa chikhulupiriro kapena ulemu kwa munthu ofuna chithandizo, kusiyana kwa khalidwe ndi ulemerero, kudzikuza, chilema cha munthu ndi kusowa mtima wa chifundo.

**Udindo wa mlangizi wotengera kulera khomo ndi khomo pochepetsa kusamvana pokambirana**

* Kulola anthu kukambirana momasuka mwachitsanzo: kulonjerana, kumwetulira ndi kufunsana za moyo wakunyumba.
* Kugwiritsa ntchito chilankhulo chodziwika ndi anthu onse a m'deralo. Posaonetsa chiweruzo chokondera, popereka ulemu, poonetsa mtima wachikondi kapena chisamaliro, poonetsa chifundo ndi posakondera mbali ina iri yonse.

**Luso logwiritsira ntchito pokambirana**

1. **Kumvetsera modekha**

Mlangizi ayenera kumvetsetsa chomwe ofuna chithandizo akunena ndi kutanthauza. Ayenera kusonyezanso kwa ofuna chithandizo kuti ali nawo chidwi pa kayankhulidwe ndi kachitidwe, monga kaonekedwe ka nkhope, kayang'anidwe ndi kagwedezedwe ka thupi.

2. **Kafunsidwe**

Mlangizi ayenera kufunsa mafunso olimbikitsa ofuna chithandizo kuti alankhule. Awa ayenera kukhala mafunso oti sangayankhidwe inde kapena ayi monga; "kodi munamvapo chiani za kulera?".

3. **Kuumba mkota ndi kutanthauzira**

Pobwereza zomwe ofuna chithandizo wanena, mlangizi amaonetsa kuti akumvetsera ndiponso akuchita chidwi. Kubwerezaku kumathandiza kuti ofuna chithandizo aganizire mofatsa pa zomwe wanena.

4. **Kunena zomwe waona mkati mwakukambirana**

Poyang'anitsitsa ndikumvetsera mwa chidwi mlangizi angathe kuona m'mene ofuna chithandizo akumvera. Ayenera kumuuza ofuna chithandizo za zimene waona mwa iwo pokambirana. Mwachitsanzo; mlangizi angathe kunena kuti "mukukhala ngati mwasokonezeka" izi zimathandiza kuti:

* Ofuna chithandizo aganizire mwa iye yekha m'mene akumvera ndi zifukwa zake.
* Mlangizi azindikire ngati ofuna chithandizo wasokonezeka.
* Ngati pali kusagwirizana pakati pa ofuna chithandizo ndi mlangizi atha

kuthetsa zimenezo mokambirana.

**MUTU 38: UPHUNGU WA ZAKULERA**

**NTHAWI YOPHUNZITSIRA: MPHINDI: 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauza mau akuti uphungu.

2. Kutchula zifukwa zoperekera uphungu wa za kulera.

3. Kufotokoza MFUNDO zoyenera munthu kukhala phungu wabwino

4. Kufotokoza MFUNDO zosonyeza luso la uphungu wabwino

5. Kufotokoza ndondomeko ya uphungu wa za kulera kugwiritsa ntchito ma ‘**M’**

asanu ndi m’modzi**.**

6. Kusonyeza luso popereka uphungu.

**KONTENTI**

**Tanthauzo la mau akuti uphungu wa za kulera**

Ndi kukambirana pamaso ndi pamaso pakati pa phungu ndi olera kuti olerawo adzipezere njira yothetsera mavuto ao pa nkhani ya kulera.

**Zifukwa zoperekera uphungu wa za kulera**

* Kupereka MFUNDO zoona zokhazokha.
* Kuthandiza olera kusankha njira yolerera yomuyenera.
* Kuthandiza olera kugwiritsa ntchito bwino njira zolerera.
* Kuthandiza olera amene ali ndi mafunso kapena mavuto okhudzana ndi

njira zimene akugwiritsa ntchito.

**MFUNDO zoyenereza munthu kukhala phungu wabwino**

**Womvetsa:** Phungu wabwino azikhala womvetsa madandaulo a wolera.

**Waulemu :** Phungu ayenera kukhala wa ulemu ndi wansangala.

**Wachilungamo:** Phungu wabwino adzikhala wonena zoona zokhazokha mosabisa MFUNDO zina, ngati sakudziwa anene.

**Womvetsera mwachidwi :** Phungu amvetsere ndi chidwi chonse pa zimene wolera akunena ndipo asamusokoneze pamene wolerayo akulankhula.

**Wodziwa ntchito yake:** Phungu akhale wodziwa MFUNDO zonse za njira zolerera.

**Mfundo zosonyeza luso la uphungu wabwino**

**1. Kumvetsera bwino mwachidwi**

Phungu akhale wa chidwi pakumvetsera zimene wolera akuyankhula ndi

kutanthauza.Ayenera kumuzindikiritsa wolera kuti akumvetsera m'machitidwe ndi

m'malankhulidwe mu njira izi:

* Pazizindikiro za pa nkhope
* M'mene wakhalira phungu ndi olera
* Kayendetsedwe ka manja

**2. Kufunsa moyenera**

Phungu azifunsa mafunso oti olera athe kuyankhula zambiri za mavuto ake.

Chitsanzo: Mukudziwapo chiyani pa nkhani ya kulera?

**3. Kunena zonse mwachidule/kuumba mkota**

Kubwereza kapena kunena mau amene wanena olera mwa mtundu wina koma osasintha tanthauzo, kumasonyeza kuti phungu akumvera ndi kumvetsetsa.

Kubwereza uku kumathandizanso kuti olera aganizire bwino za zomwe wanena.

**4. Kutanthauzira maganizo**

Pa kuyang'ana ndi pakumvetsera phungu atha kudziwa m'mene olerayo

akumverera ndipo phungu amuuze olerayo zimene akuganiza kapena

akutanthauza.

Chitsanzo: Ngati wolera akuonetsa kuti wakhumudwa phungu amuuze wolera kuti "mai kapena bambo mukuoneka wokhumudwa".

Izi zimathandiza:

* Kuti wolera adziwe m'mene akumverera kapena zimene zikumuchitikira ndi zifukwa zake.
* Kudziwa ngati wolerayo wakhumudwadi. Zokhumudwitsazo phungu ndi olera akambirane kuti athetse vutolo.

**5.** **Kaperekedwe ka Mfundo**

Phungu alangize ndi kufotokoza momveka bwino MFUNDO za kulera. Agwiritse ntchito mau amene olera atha kumva mosavuta. Agwiritsenso ntchito zithunzi ndi njira zolerera.

**Ndondomeko ya uphungu wa za kulera kugwiritsa ntchito ma 'M' asanu ndi**

**m'modzi**

M - woyamba : **M**uwalonjere

M - wachiwiri : **M**uwafunse za moyo wawo

M - wachitatu : **M**uwauze njira za kulera

M - wachinayi : **M**uwathandize kusankha njira zolera

M - wachisanu : **M**uwafotokozere njira imene asankha

M - wachisanu ndi chimodzi : **M**uwadziwitse tsiku lowayenderanso

* **Muwalonjere**

- Mukangokumana ndi olera muwasonyeze kuti mufuna kuwathandiza. Khalani a ulemu, mupatseni moni, nenani dzina lanu kuti akudziweni. Muuzeni olerayo kuti simukaulula kwa aliyense zimene mukambirane.

- Perekani uphungu pamalo pamene munthu wina aliyense sangamve zokambirana zanu (ndipo ngati kuli kotheka, khalani pamalo pakuti sangakuoneni).

* **Muwafunse za moyo wawo**

- Funsani olera zofuna zawo, nkhawa zawo kapena mafunso okhudzana ndi za kulera ndiponso zovuta zina. Ngati olerayo ndi watsopano mufunseni izi:

1. Dzina lake

2. Zaka zake

3. Mimba zimene wakhala nazo

4. Wachembezapo kangati

5. Njira yolerera imene akugwiritsa ntchito kapena imene anagwiritsapo.

6. Cholinga cha uchembere wawo.

* Fotokozani kuti mafunsowa mukufunsa kuti mumuthandize

bwino kusankha njira yolerera yomuyenera.

* Onetsetsani kuti mafunso anu ndi a chidule ndi omveka

bwino.

- Muzimuyang'ana nkhope mukamalankhula naye wolerayo.

* Ngati wolerayo ndi wakale funsani ngati pali chovuta china

kuyambira nthawi imene mlangizi wotengera kulera khomo

ndi khomo anawayendera.

* **Muwauze njira za kulera**

- Olera aliyense amafunikira kuti adziwe njira zimene ziripo ndi kumene angazipeze. Mwachidule nenani izi panjira iriyonse:

- m'mene njirayi imagwirira ntchito

- kudalirika kwake ndi kotani

- ubwino

- kuvuta kwake

- ndi mavuto ena.

* **Muwathandize kusankha njira zolera**

Muwathandize olera kusankha njira imene ingawathandize pa mavuto ndi zosowa zawo. Muwafunse olera njira imene akufuna kugwiritsa ntchito, ngati sakudziwa muwathandize kusankha.

Powathandizapo funsani mafunso awa:

1. Afunseni njira imene asankha.

2. Nanga amuna kapena akazi awo akufuna chiani?

3. Afunseni ngati pali china chimene sakumvetsa

4. Bwerezani MFUNDO ngati nkofunika kutero

Njira zina ndi zosayenera kwa anthu ena. Ngati olera asankha njira ya holomoni gwiritsani ntchito cheki lisiti ya holomoni kuti muone ngati njirayi ndi yoyenera. Koma ngati njirayi siyoyenera muuzeni mai ofuna kulera ndipo muthandizeni kusankha njira ina.

* **Muwafotokozere njira imene asankha**

- Muwafotokozere kagwiritsidwe ntchito ka njira yolerera ndipo olerayo abwereze MFUNDOzo.

- Fotokozani zovuta zimene zitha kuoneka pogwiritsa ntchito njirayo ndipo muwafotokozere chimene ayenera kuchita.

- Perekani malangizo olembedwa a njira yolelera imene asankha ngati ziripo.

- Muwafotokozere olera kuti adzanene kwa mlangizi ngati pali vuto.

- Ngati njira yake singathe kuperekedwa nthawi yomweyo muwafotokozere, nthawi ndi kumene njirayi ingakaperekedwe.

- Njira zina ngati zakutseka mai kapena bambo mwakufuna kwao, olera ayenera kusaina chikalata chovomereza kuti awatseke.

- Perekani malangizo olembedwa ngati alipo.

- Muuzeni olera tsiku lodzamuyenderanso.

* **Muwadziwitse tsiku lowayenderanso**

- Pamene mlangizi akuwayendera, olera amene akugwiritsabe ntchito njira imene anasankha kale, afunsidwe ngati pali zovuta zina. Ngati zovutazo ziripo ndipo ndizosadetsa nkhawa muwalimbikitse. Ngati ziri zovuta kwambiri muwatumize ku chipatala.

- Mufunse m'mene akugwiritsira ntchito njira imene anasankha ndipo muwathandize ngati kuli kofunikira. Muwafunse olera ngati pali mafunso.

- Ngati olera afuna kusankha njira yina, auzeni za njira zina zolerera ndipo muwathandize kusankha njira yina. Kumbukirani kuti kusintha njira sichinthu chachilendo. Kusintha kwa zinthu kwa munthu kumapangitsa kuti munthu asankhe njira yina.

- Ngati munthu afuna mwana muuzeni kuti asiye njira, ngati kuli kofunika mutumizeni kuchipatala. Muuzeni kufunika kwake kopita ku sikelo ya amayi a pakati ngati maiyo ati adzakhale ndi mimba.

**DZINA LA WOPHUNZIRA: .....................................................................................**

**CHIKALATA CHOWONERA M'MENE OPHUNZIRA AKUPEREKERA UPHUNGU WA ZAKULERA**

**Malangizo:** Muyese momwe ntchito yayendera ndipo perekani malikisi motere

0 Ngati ntchito siinagwiridwe

1 Ngati ntchito yagwiridwa koma pali zofuna kukonza

2 Ngati ntchito yagwiridwa bwino

**UPHUNGU KWA WOLERA WATSOPANO TSIKU**

|  |  |  |  |
| --- | --- | --- | --- |
| **NTCHITO** |  |  |  |
| **Kukonza malo ndi zipangizo** |  |  |  |
| * Wakonza malo oyenera kuchitirapo uphungu (kutali ndi anthu ena kuti pakhale chinsinsi) |  |  |  |
| * Wasonkhanitsa zipangizo zophunzitsira za kulera |  |  |  |
| * Wawonetsetsa kuti wolera ndi mlangizi akhala moyenera |  |  |  |
| **Muwalonjere kukhazikitsa mgwirizano ndi chimvano pakati pa mlangizi ndi wolera** |  |  |  |
| Wapereka moni mwaulemu |  |  |  |
| Zozidziwitsa kwaolera |  |  |  |
| Wamfunsa olera dzina lake |  |  |  |
| Wamfunsa olera komwe akuchokera |  |  |  |
| Wakhala malo obisika |  |  |  |
| Wamuuza olera zoti sakaulula kwa aliyense zimene akambirane |  |  |  |
| **Muwafunse zamoyo wawo wauchembere ndi olera** |  |  |  |
| Zaka zake |  |  |  |
| Mimba zimene wakhala nazo |  |  |  |
| Wachembeza kangati |  |  |  |
| Ana amoyo alipo angati |  |  |  |
| Njira yolerera imene akugwiritsa kapena imene anagwiritsapo ntchito |  |  |  |
| Cholinga cha uchembere wawo |  |  |  |
| **Muwauze njira zakulera: tsatirani ndondomeko yotsatirayi** |  |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| * Wagwiritsa ntchito zipangizo zophunzitsira moyenera |  |  |  |
| * Wapatsa wolera mwai wogwira njirazi |  |  |  |
| * Wapatsa wolera mpata wofunsa mafunso |  |  |  |
| * Wayankha mafunso a wolera moona |  |  |  |
| * Walimbikitsa wolera kunenapo MFUNDO |  |  |  |
| **Kuonetsa kuti wolera wamvetsa zokambirana** |  |  |  |
| * Wafunsa olera kubwereza MFUNDO zomwe zakambidwa |  |  |  |
| * Wawonjeza MFUNDO zomwe wolera wayiwala kutchula |  |  |  |
| **Muwathandize kusankha njira** |  |  |  |
| * Wafunsa olera njira imene wasankha |  |  |  |
| * Wafunsa olera kuti afotokoze momwe njira yomwe wasankha ikamuthandizire. |  |  |  |
| * Wagwiritsa ntchito chikalata choyenereza wolera kulandira njira ya maholomoni ngati wolera wasankha njira imeneyi |  |  |  |
| * Wawonetsetsa kuti kusankha kwa wolera nkosawumirizidwa |  |  |  |
| * Waperekanso uthenga wokhudza matenda opatsirana pogonana kuphatikizapo Edzi |  |  |  |
| **Muwafotokozere njira imene asankha** |  |  |  |
| * Wapereka njira kwa wolera potsatira malamulo |  |  |  |
| * Wapereka malangizo okwanira omutumizira ku chipatala |  |  |  |
| * Walongosola kagwiritsidwe ntchito ka njira yosankhidwayi ndi zovuta zina |  |  |  |
| * Wafunsa wolera kuti abwereze malangizo |  |  |  |
| * Wampatsa wolera timabuku kapena kalata yofotokoza za njirayi kuti apite nayo kunyumba (ngati nkotheka) |  |  |  |
| * Wauza wolera tsiku lodzawaenderanso mlangizi wotengera kulera khomo ndi khomo |  |  |  |
| * Wauza wolera kuti ali womasuka kupita kukaonana ndi mlangizi ngati pali vuto liri lonse |  |  |  |

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| **Wagwiritsa ntchito luso iri:** |  |  |  |
| * Wamvetsera ndi mtima wonse modekha |  |  |  |
| * Wagwiritsa ntchito luso lofunsira mafunso moyenera |  |  |  |
| * Walongosola maganizo ndi mavuto a wolera |  |  |  |
| * Wawonetsetsa kukambirana kogwiritsa ntchito zizindikiro kuchokera kwa wolera |  |  |  |
| * Wabwereza MFUNDO za zokambirana mwachidule pa nthawi yonse imene uphungu ukuchitika |  |  |  |
| * Wapatsa mwai kwa wolera kufotokoza mosamudula |  |  |  |
| * Wagwiritsa ntchito mau olimbikitsa wolera kuti apitirize kulankhula ndipo wabwereza mwachidule wolera akatha kulankhula |  |  |  |
| * Wayang'ana wolera monga kufunikira |  |  |  |
| * Wayamikira wolera pa zabwino zomwe akudziwa pa za kulera |  |  |  |
| **Kumaliza kwa uphungu** |  |  |  |
| * Wakumbutsa wolera kufunika kwa kuyenderedwa |  |  |  |
| * Wathokoza wolera chifukwa chopereka mpata wokambirana |  |  |  |
| * Walemba kadi la wolera |  |  |  |
| * Walemba pa tale shiti |  |  |  |
| * Walemba mu kaundula |  |  |  |

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| **Uphungu kwa Wolera Wopitiriza** |  |  |  |
| * Wapereka moni potsata chikhalidwe chawo |  |  |  |
| * Wadzidziwitsa kwa wolera |  |  |  |
| * Wapereka uphungu pamalo woyenera |  |  |  |
| * Wafunsa wolera za moyo wawo |  |  |  |
| * Wafufuza momwe akugwiritsira ntchito njira zolerera |  |  |  |
| * Wayamikira wolera pogwiritsa bwino ntchito njira |  |  |  |
| * Wakonza zomwe wolera akulakwitsa (ngati ziripo) |  |  |  |
| * Wamuonjezera njira zolerera (ngati nkofunika) |  |  |  |
| * Watumiza wolera ku sikelo ya zakulera ngati pali zovuta |  |  |  |
| * Wafunsa yankho la kusikelo ya zakulera ngati nkofunika |  |  |  |
| * Wagwiritsa luso lopereka uphungu moyenera   - kumvetsera modekha  - kufunsa mafunso oyenera  - kufotokozera MFUNDO momveka  - kubwereza mwachidule MFUNDO zomwe  zaperekedwa  - kuumba mkota |  |  |  |
| * Wapereka uphungu wanjira zolerera mwa ulemu |  |  |  |
| **TOTAL MARKS** |  |  |  |
| **NDEMANGA YA OPHUNZIRA**  ....................................................................................................................................................  ....................................................................................................................................................  **NDEMANGA YA APHUNZITSI**  **………………………………………………..**.................................................................................  ………………………………………………………………………………………………………….. | | | |

**MUTU 39: UPHUNZITSI WA ZAKULERA WA PAGULU**

**NTHAWI YOPHUNZITSIRA: MPHINDI 120**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti uphunzitsi wa pagulu

2. Kufotokoza zolinga zitatu zophunzitsira pagulu.

3. Kufotokoza MFUNDO zisanu ndi ziwiri zoyenera kuziganizira pokonzekera

uphunzitsi wa pagulu

4. Kulongosola ndondomeko ya phunziro la pagulu

5. Kufotokoza zofunikira popereka uphunzitsi wa pagulu

6. Kufotokoza ndondomeko yophunzitsira pagulu

7. Kufotokoza m’mene mungaonere phunziro likuyendera

8. Kusonyeza luso lakulonzekera, kupereka ndi kuona m’mene phunziro

la pagulu layendera.

**KONTENTI**

**Tanthauzo la mau akuti uphunzitsi wa pa gulu**

Ndi kukambirana pakati pa anthu okwana atatu mpaka khumi ndi mphambu zisanu

pagulu laling'ono ndi kupyola khumi ndi mphambu zisanu pa gulu lalikulu.

**Cholinga chophunzitsira pa gulu**

* Kulimbikitsa munthu kusankha chochita payekhapayekha.
* Kupereka uthenga kwa anthu ambiri nthawi imodzi.
* Kulimbikitsa kudzidalira m'maganizo.

**Zoyenera kuganizira pokonzekera uphunzitsi wa pa gulu**

* Msinkhu wa anthu amene akukaphunzitsidwa.
* Zokonda zawo.
* Zosowa zawo.
* Amuna kapena akazi.
* Akudziwapo chiani pa phunziroli.
* Kukula kwa gulu.
* Malo ophunzitsirapo.

**Ndondomeko yaphunziro la pa gulu**

Ndikofunika kukhala ndi ndondomeko ya phunziro ndipo ikhale ndi zinthu monga;

* Mutu - mukambirana chiani.
* Gulu - ophunzirawo ndi ndani.
* Zolinga - mukufuna anthu adziwe chiani pomaliza pa phunzirolo.
* MFUNDO zazikulu - ndi MFUNDO ziti zazikulu zimene mufuna kuti gulu likambirane.
* Mafunso - ndi mafunso ati amene muwafunse okuthandizani kuti mudziwe zimene gulu likudziwa za phunzirolo musanayambe kuphunzitsa.
* Zipangizo zophunzitsira - ndi zipangizo zanji zomwe zingakuthandizeni kuti muphunzitse bwino phunziro lanulo, mwa chitsanzo, zithunzi zophunzitsira ndi ma filipi chati.

**Zofunikira popereka uphunzitsi wa pa gulu**

Dziwani zambiri za gululi musanayambe kupereka phunziro lanu monga: iwowa ndi ndani, zokonda zawo ndi ziti ndipo akudziwapo zotani za phunzirolo.

Pali zofunika zambiri zimene zikhoza kuthandiza mlangizi wotengera kulera khomo ndi khomo kukonzekera kuphunzitsa gulu. Zofunikirazo ndi izi:

* Kukonza zolinga za phunziro
* Kukonza ndondomeko ya phunziro
* Kukonza nthawi yoperekera phunziro
* Kusankha kapena kutsimikiza za malo ophunzitsira
* Kusankha ndi kukonza zipangizo zophunzitsira mogwirizana ndi phunzirolo
* Kukonza mafunso opatsa chidwi ophunzirawo ndiponso othandiza kuona

momwe phunziro layendera.

* Kuphunzitsa MFUNDO zonse molingana ndi ndondomeko ya phunzirolo.
* Kuganizira za mau amene agwiritse ntchito.
* Kugwiritsa ntchito ziganizo zazifupi - kuyankhula mwachindunji,
* Kupewa mau ataliatali, mau a phunzo, a zachipatala ndiponso mau achidule mwachitsanzo CBD kuyimira mlangizi wotengera zakulera khomo ndi khomo.

**Ndondomeko yophunzitsira pa gulu**

* Zidziwitseni ku gulu ndipo dziwitsaninso anzanu omwe mwabwera nawo.
* Fotokozani cholinga cha phunziro.
* Limbikitsani anthuwo kuti azipereka maganizo kapena mfundo zawo pa phunzirolo.
* Gwiritsani ntchito zithunzithunzi pophunzitsa motsata ndondomeko yake.
* Bwerezani mfundo zonse mwachidule.
* Funsani maganizo a ophunzira za m'mene akagwiritsire ntchito zimene aphunzira akabwerera kwawo.

Auzeni ophunzira komwe angakalandire chithandizo cha kulera monga kwa mlangizi wotengera kulera khomo ndi khomo, mlangizi wa zaumoyo yemwe anaphunzitsidwa, sikelo zoyendera, zipatala zazing'ono ndi zazikulu zomwe.

**Dziwani izi:**

Chiyambi chabwino cha phunziro:

* Chimapangitsa kuti phunziro likhale labwino.
* Chimakhazikitsa chimvano pakati pa ophunzira ndi ophunzitsa.
* Chimafotokoza mutu wa phunziro.
* Chimakhazikitsa chilakolako chofuna kuphunzira zambiri pa phunzirolo.

Izi zikhoza kuchitika pogawana nkhani zosiyanasiyana zokhudza phunzirolo.

**Kuona momwe phunziro likuyendera**

Alangizi otengera kulera khomo ndi khomo adziwe kuti atha kuona momwe phunziro la pagulu liyendere, pokonzeka,, poliphunzitsa, mkatikati mwakuphunzitsa kapena komalizira kwa phunzirolo. Poona momwe phunzirolo layendera alangiziwa apange izi:

* Awone chidwi chomwe ophunzirawo ali nacho.
* Amvetsere zomwe ophunzirawo akukamba.
* Afunse maganizo a ophunzira za m'mene akagwiritsire ntchito zimene aphunzira akabwerera kwawo.

Mlangizi athanso kupempha omuyang'anira kuti amuwonerere popereka phunziro. Oyang'anira alembe zonse zimene waona pa chikalata (cheki lisiti) ndipo oyang'anira amufotokozere mlangizi m'mene wapangira popereka phunzirolo.

**Chisonyezo cha kupereka phunziro la pa gulu ndi kugwiritsa ntchito ndondomeko**

**yoyenera**

**DZINA LA WOPHUNZIRA: ..........................................................................................................**

**CHIKALATA CHOONERA M'MENE OPHUNZIRA AKUPEREKERA PHUNZIRO LA PAGULU**

**Phunziro la zakulera**

**Malangizo:** Muyese momwe ntchito yayendera ndipo perekani malikesi motere:

0 Ngati ntchito siinagwiridwe

1 Ngati ntchito yagwiridwa koma pali zofunika kukonza

2 Ngati ntchito yagwiridwa bwino

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| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
| **Kukonzekera phunziro la zakulera la pa gulu** |  |  |  |
| * walemba ndondomeko ya phunziro |  |  |  |
| * wasankha malo abwino opanda phokoso |  |  |  |
| * wakonza m'mene anthu akhalire |  |  |  |
| **Kuyamba phunziro la za kulera la pa gulu moyenera**   * Wapereka moni wolandira anthu * Wazidziwitsa kugulu * Wadziwitsa anthu amene wabwera nawo * Wanena mutu wa phunziro * Wanena zolinga za phunziro * Wagwiritsa ntchito mafunso oyenerera kuti   anthu akhale momasuka |  |  |  |
| **Waikamo MFUNDO izi m’phunziro la zakulera**   * Tanthauzo la kulera |  |  |  |
| * Ubwino wa kulera kwa bambo, mai, mwana, banja, mudzi ndi dziko |  |  |  |
| * Zotsatira za kubereka mofulumira, mai asanakhwime, pafupipafupi, mochedwa ndi kubereka ana ambiri |  |  |  |
| * Njira za makolo zolerera |  |  |  |

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| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
| * **Njira zolerera za makono** |  |  |  |
| - mapiritsi akumwa |  |  |  |
| - makondomu (amayi/abambo) |  |  |  |
| - jakisoni wolerera |  |  |  |
| - njira yoyamwitsa |  |  |  |
| - njira za chilengedwe |  |  |  |
| - impulanti |  |  |  |
| - lupu |  |  |  |
| - kutseka abambo |  |  |  |
| - Kutseka amai |  |  |  |
| * Wafotokoza kwa anthu zomwe angachite ngati akufuna kulera |  |  |  |
| * Wakambirana ndi anthu za udindo wa kulera kwa abambo |  |  |  |
| * Malo amene angalandirire njira yolerera |  |  |  |
| **Wagwiritsa ntchito luso iri** |  |  |  |
| * Walimbikitsa anthu kufunsa mafunso |  |  |  |
| * Wafunsa mafunso ndi cholinga chofuna kudziwa ngati anthu amvetsa |  |  |  |
| * Wayamba kuphunzitsa zimene anthu akuzidziwa ndi kumalizira zimene sakuzidziwa |  |  |  |
| * Wayesera kuphunzitsa phunzirolo pokambirana |  |  |  |
| * Wagwiritsa ntchito zothandiza kuphunzitsa |  |  |  |
| * Wanenanso phunziro la kulera mwachidule |  |  |  |

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| **TSIKU** |  |  |  |
| **NTCHITO** |  |  |  |
| * Wapewa kukondera pofotokoza njira iriyonse yolerera |  |  |  |
| * Wagwiritsa ntchito chilankhulo chomveka cholankhulidwa m'deraro |  |  |  |
| * Wazindikira zosokoneza pophunzitsa ndipo wazikonza |  |  |  |
| * Wapewa kulimbikitsa anthu monama, mwachitsanzo "ngati mwasankha mapiritsi zonse ziyenda bwino" |  |  |  |
| * Wayankha mafunso mwachilungamo ndiponso mwanzeru |  |  |  |
| * Wabwereza MFUNDO mwachidule kumapeto a gawo lirilonse. Ndipo wafunsa anthu kuti anenenso MFUNDOzo m'mau awo monga ubwino wolera kwa amayi. |  |  |  |
| * Wafunsa mafunso asanayambe kukambirana gawo lina la phunziro |  |  |  |
| **NDEMANGA**  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  ..................................................................................................................................  Wophunzira: Kusaina.............................................. Tsiku.....................……..  Mphunzitsi: Kusaina............................................... Tsiku.....................…….. | | | |

**MUTU 40: MPHEKESERA, ZIKHULUPIRIRO ZONAMA NDI**

**ZOCHITITSA MANTHA ZOKHUDZANA NDI KULERA**

**NTHAWI YOPHUNZITSIRA: MPHINDI 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti mphekesera
2. Kutanthauzira mau akuti zikhulupiriro zonama
3. Kutanthauzira mau akuti mantha
4. Kufotokoza zimene zimayambitsa mphekesera
5. Kufotokoza mphekesera, zikhulupiriro zonama, ndi zinthu zochititsa

mantha zokhudzana ndi kulera

1. Kukambirana m'mene mungathetsere mphekesera, zikhulupiriro zonama

ndi zinthu zochititsa mantha zokhudzana ndi kulera

1. Kusonyeza luso lothetsera mphekesera, zikhulupiriro zonama

ndi zinthu zochititsa mantha zokhudzana ndi kulera

**KONTENTI**

**Tanthauzo la mphekesera**

Mphekesera ndi nkhani yonama imene imafalitsidwa koma amene wayambitsa osadziwika.

**Tanthauzo la mau akuti zikhulupiriro zonama**

Ndi mfundo za bodza zimene zilibe umboni

**Tanthauzo la mau akuti mantha**

Kuopa kapena kuchita nthumazi ndi zoipa zimene munthu zingamuchitikire.

**Zimene zingayambitse mphekesera**

* Mfundo zonama kapena zosakwanira pa nkhani za kulera.
* Anthu osagwirizana ndi kulera.
* Anthu amene sanakhutitsidwe ndi njira yolerera.
* Umbuli.

**Kunena zikhulupiriro zonama, mphekesera ndi zinthu zochititsa mantha pa**

**nkhani ya kulera**

Mphekesera, zikhulupiriro zonama ndi zinthu zochititsa mantha zokhudzana ndi pologalamu ya kulera kapena njira zolerera zitchulidwe ndi ophunzira.

M'mene mungathetsere mphekesera, zikhulupiriro zonama ndi zinthu zochititsa mantha zokhudzana ndi kulera

**CHIDZIWITSO: Mlangizi asaphunzitse mphekesera zokhudzana ndi kulera.**

* Thetsani mphekesera, zikhulupiriro zonama ndi zinthu zochititsa mantha zokhudzana ndi kulera ponena mfundo zoona zokhudzana ndi njirayo.
* Ngati simungakwanitse kuthetsa mphekesera, zikhulupiriro zonama ndi zinthu zochititsa mantha zokhudzana ndi kulera, pemphani chithandizo kwa mlangizi nzanu kapena oyang'anira, ndipo mudzafotokoze zotsatira kwa olera mukadzamuyenderanso.

**MUTU 41: KUDZIWA MUDZI**

**NTHAWI YOPHUNZITSIRA: MPHINDI: 120**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti mudzi
2. Kukambirana zifukwa zodziwira ndi kumvetsetsa mudzi
3. Kufotokoza m'mene mungadziwire zosowa za m'mudzi
4. Kutchula MFUNDO zimene mlangizi ayenera kufufuza kuti adziwe bwino mudzi
5. Kufotokoza ndondomeko imene mlangizi ayenera kuitsatira pofuna kudziwa mudzi
6. Kusonyeza luso lojambula mapu a mudzi

**KONTENTI**

**Tanthauzo la mau akuti mudzi**

Malo amene gulu la anthu limakhalira pamodzi ndipo anthuwo ali ndi makhalidwe ofanana monga chilankhulo, chipembedzo ndi miyambo.

**Kufunika kodziwa mudzi**

Ntchito yodziwa ndi kumvetsetsa mudzi idzathandiza mlangizi kuti:

* Ayike mu mndandanda zofuna za anthu a m'mudzi kuyambira zofunika kwambiri kumalizira zofunika pang'ono.
* Akonze mapulani a ntchito mopindulitsa.
* Athandize anthu kuti atekeseke.
* Athandize kuti ntchito yawo yokhazikitsa kulera kwa khomo ndi khomo iyende bwino.
* Adziwe zimene anthu a m'mudziwo akudziwa, akuganiza ndiponso zimene akuchita pa nkhani yolera.
* Adziwe kuti ndi chithandizo chanji cha kulera chomwe anthu a m'mudzimo akuchisowa.
* Alosere mavuto a mtsogolo.

**Njira yopezera zosowa za m'mudzi**

**Kufunsa anthu a m'mudzi kudzera mkukambirana kapena kugwiritsa ntchito mafunso olembedwa pa chipepala**.

Izi zikhoza kuchitika pa msonkhano kapena kwa aliyense payekhapayekha ndi cholinga chosonkhanitsa uthenga wa zosowa za m'mudzi.

**Kuyang'ana** - Mlangizi ayang'ane zochitika m'mudzi kuti adziwe zosowa za anthu.

**Kuyendera khomo ndi khomo** - Mlangizi ayendere khomo ndi khomo kufufuza mfundo zosiyanasiyana (onani cholinga cha chinai).

**Kafukufuku** - Ndi chithandizo cha omuyang'anira, mlangizi achite kafukufuku kuti apeze MFUNDO zina za padera zokhudzana ndi kagwiridwe ka ntchito yake m'mudzimo.

**Kujambula mapu** - Ndi thandizo lochokera kwa omuyang'anira, mlangizi ajambule mapu a mudzi momwe adzigwiramo ntchito. Mapuwa adzamuthandiza kukonza dongosolo la ntchito yake. Mapuwa akhale ndi zizindikiro zosonyeza zinthu izi: Nyumba, misewu, mitsinje ndi china chiri chonse chofunika.

**Mfundo zofunika podziwa mudzi**

Achite kalembera kuti apeze izi:

* Chiwerengero cha anthu onse
* Chiwerengero cha nyumba zili m'dera lake
* Chiwerengero cha anthu a msinkhu wobereka amene ali m'mudzimo (zaka15 - 49).
* Chiwerengero cha anthu amene akugwiritsa ntchito njira zolerera.
* Anthu amene akusowa njira zolerera za makono.
* Chiwerengero cha anthu amene akugwiritsa ntchito njira za chilengedwe ndi za makolo.
* Zosowa za anyamata ndi atsikana zokhudza uchembere wawo.
* Chiwerengero cha ana osakwanira zaka zisanu za kubadwa.

**Ndondomeko yoti mlangizi atsate pofuna kudziwa mudzi**

Oyang'anira adziwitse mlangizi kwa atsogoleri monga mafumu, a mipingo, a zipani ndi ena onse ofunika ndi cholinga choti amuthandize.

* Mlangizi afotokoze zolinga ndi ntchito yake.
* Mlangizi apeze mabungwe ndi makomiti amene akugwira ntchito zokhudzana ndi za kulera ndi amene angamuthandize monga ku chipatala, a sukulu ya kwacha, matchalitchi, sukulu ndi ena otero.
* Mlangizi apange kalembera ndi kukambirana ndi anthu kuti apeze MFUNDO zokhudza kulera m'mudzi. Izi zichitike kamodzi pa chaka ndipo agwirire ntchitoyi pamodzi ndi atsogoleri a m'mudzi ndi alangizi ena.
* Akhoza kupeza MFUNDO zina kudzera mu zochitika zina za m'mudzi monga magule, chinamwali, misonkhano ndi zina zotero. Izi zimathandiza mlangizi kuti amvetse bwino m'mene anthu a m'mudzimo amagwirizanirana.
* Ayende khomo ndi khomo kuti:

- awerenge anthu a m'dera lake.

- apeze zosowa zawo pa nkhani ya za kulera.

* Ndi chithandizo chochokera kwa omuyang'anira, mlangizi adzajambula mapu a m'dera lake lonse. Mapuwa adzamuthandiza mlangiziyo kukonza ndondomeko yogwirira ntchito.
* Ndi chithandizo chochokera kwa omuyang'anira, mlangizi adzawonkhetsa ndi kulemba MFUNDO zonse zimene wa zisonkhanitsa.
* Mlangizi ndi omuyang'anira adzadziwitsa anthu a m'mudziwu zotsatira za kalembera.

**MUTU 42: CHILINGANIZO CHA MILUNGU ITATU CHA NTCHITO YA**

**MLANGIZI WOTENGERA KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI 45**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera**

1. Kutanthauza mau akuti chilinganizo cha milungu itatu cha ntchito ya mlangizi wotengera kulera khomo ndi khomo.
2. Kufotokoza zofunikira polemba chilinganizo cha milungu itatu cha ntchito ya mlangizi.
3. Kufotokoza ndondomeko yofunika kutsata polemba chilinganizo cha milungu itatu cha ntchito ya mlangizi.
4. Kusonyeza luso la kulemba chilinganizo cha milungu itatu cha ntchito ya mlangizi.

**Tanthauzo la mau akuti chilinganizo cha milungu itatu cha ntchito ya mlangizi wotengera kulera khomo ndi khomo**

Ndi chikalata cholembedwa bwino mundandanda wa ntchito zomwe mlangizi wotengera kulera khomo ndi khomo ati adzagwire, pa milungu itatu, tsiku lomwe adzagwire, zipangizo zofunika.

**Zofunikira polemba chilinganizo cha milungu itatu cha ntchito ya**

**mlangizi**

1. Mapu osonyeza:

* Nyumba ya mlangizi wotengera kulera khomo ndi khomo.
* Zizindikiro zina zofunika monga mapiri, miseu, sukulu, matchalitchi ndi mitsinje.

chipatala.

* Nyumba za anthu ofuna chithandizo cha kulera potsatira kalembera amene anachitika podziwa mudzi.

1. Magulu oyenera kuwaphunzitsa za kulera monga makalabu a ulimi.
2. Kaundula ndi momwe amapeza dera ndi tsiku limene akayenderenso olera.
3. Kalendala.

**Ndondomeko yofunika kutsata polemba chilinganizo cha milungu itatu cha ntchito ya mlangizi**

1. Mlangizi apeze pomwe pali nyumba yake pa mapu ndi kuika chizindikiro.
2. Mlangizi awerenge nyumba za anthu ofuna chithandizo cha zakulera.
3. Mlangizi agawe dera limene wapezalo mu zigawo zitatu. Ngati nkotheka nyumba ya mlangizi ikhale chapakati pa deralo kuti azitha kuyendera mofanana.

**Gawo 1 Gawo 2**

**Mulungu woyamba Mulungu wachiwiri**

**Nyumba ya mlangizi**

**Gawo 3**

**Mulungu wachitatu**

**Zigawo zitatuzo zikuimira chilinganizo cha ntchito cha milungu itatu.**

Mlangizi apeze nyumba zofuna kuyenderedwa ndi masiku ake ndi ntchito zoti akachite akapitako.

Mlangizi alembe makalata atatu a chilinganizo cha ntchito yake:

* Kalata yoyamba, yake.
* Kalata yachiwiri, ya woyang'anira woyamba.
* Kalata yachitatu, ya woyang'anira wachiwiri.

Njira ina yokonzera chilinganizo cha ntchito ya mlangizi ndi iyi:

* Kupereka manambala kwa nyumba iri yonse imene mlangizi ati ayendere.
* Nambala iri yonse iimirire munthu ofuna chithandizo.

**Kusonyeza luso la kulemba chilinganizo cha milungu itatu cha ntchito ya**

**mlangizi**

Malangizo kwa mphunzitsi

* Mphunzitsi agawe ophunzira m'magulu a anthu anayi anayi kuti aphunzire kukonza chilinganizo cha milungu itatu cha ntchito ya mlangizi.
* Mphunzitsi awuze ophunzira kuti agwiritse mapu polemba chilinganizo cha milungu itatu mothandizidwa ndi mphunzitsi.
* Mphunzitsi apereke mphindi makumi awiri kwa ophunzira kuti alembe chilinganizo cha milungu itatu cha ntchito ya mlangizi wotengera kulera khomo ndi khomo.

**MUTU 43: KUDZIWITSA ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO UDINDO WA OYANG'ANIRA ALANGIZI**

**NTHAWI YOPHUNZITSIRA: MPHINDI 30**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

Kufotokoza za udindo wa oyang’anira oyamba wa alangizi otengera kulera khomo ndi khomo.

**KONTENTI**

Alangizi otengera kulera khomo ndi khomo adziwitsidwe za udindo wa oyang'anira oyamba umene uli:

* Kudziwitsa alangizi otengera kulera khomo ndi khomo kwa anthu a m'dera lawo atamaliza maphunziro awo.
* Kuthandiza mlangizi kujambula mapu a m'dera lake lomwe azigwiramo ntchito.
* Kuthandiza mlangizi pa ntchito zake. Ntchitozo ndi izi:
* Kudziwitsa
* Kuphunzitsa
* Kukambirana za kulera
* Kuthandiza mlangizi kukonza chilinganizo cha milungu itatu chogwiritsa ntchito.
* Kuthandiza kuphunzitsa alangizi otengera kulera khomo ndi khomo.
* Kukonza malipoti onse ofunika ndi kusunga malekodi.
* Kulunzanitsa (kuyanjanitsa), kuyang'anira, ndi kuona m'mene alangizi otengera kulera khomo ndi khomo akugwirira ntchito.
* Kuonetsetsa m'mene ntchito yotumiza olera ku sikelo ya za kulera ikuyendera.
* Kusunga bwino malekodi a ndalama zomwe agulitsira njira zolerera (kumalo komwe izi zikuchitika).
* Kupereka njira zolerera ndi zipangizo zogwiritsa ntchito kwa alangizi otengera kulera khomo ndi khomo.
* Kukonza ndi kuchititsa misonkhano ya pa mwezi.

**CHILINGANIZO CHA MILUNGU ITATU**

**Dzina la mlangizi……………………………………………………………………………………**

**Oyang’anira woyamba............………………………………………………………………….**

**Oyang’anira achiwiri……………………………………………………………………………..**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Mulungu** | **Tsiku** | **Dela** | **Ntchito yokagwira** | **Zipangizo** |
| Mulungu woyamba | 14th July 2010  Lolemba | Dela la Lazaro | Kudziwa mudzi | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula. |
|  | 17th July 2010.  Lachinayi | Dela la Lazaro | Kupitiliza kudziwa mudzi | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula. |
| Mulungu wachiwiri | 21st July 2010  Lachinayi. | Dela la masaza | Kupitiliza kudziwa mudzi.  Uphungu.  Kupereka njira. | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula, tally sheet. |
|  | 24th July 2010  Lachinayi | Dela la masaza | Kupitiliza kudziwa mudzi.uphungu,  Kuyendera wolera. | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula, tally sheet. |
| Mulungu wachitatu | 28th July 2010.  Lachinayi. | Dela la Fambauone | Kupitiliza kuziwa mudzi.  Uphungu.  Kupereka njira. | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula, tally sheet. |
|  | 31st July 2010.  Lachinayi | Dela la Fambauone | Kupitiliza kuziwa mudzi.  Uphungu.  Kupereka njira.  Kuyendera olera. | Filipi tchati, mapepala, makadi, zolembera, njira zolelera, kaundula, tally sheet. |

**MUTU 44: MFUNDO ZA UYANG'ANIRI**

**NTHAWI YOPHUNZITSIRA: MPHINDI 60**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera**

1. Kutanthauzira mau akuti uyang'aniri

2. Kutchula zolinga za uyang'aniri

3. Kutchula mitundu ya uyang'aniri

4. Kufotokoza zigawo za uyang'aniri

5. Kufotokoza ndondomeko yoyendera mzigawo

**KONTENTI**

**Tanthauzo la mau akuti uyang'aniri**

Ndi kuthandiza mlangizi wotengera kulera khomo ndi khomo kuti agwire ntchito yake bwino ndi modalirika.

**Zolinga za uyang'aniri**

* Kuthandiza mlangizi wotengera kulera khomo ndi khomo kupititsa patsogolo

kagwiridwe ka ntchito yake.

* Kuthandiza kufufuza mavuto amene mlangizi akuwapeza ndi kumuthandiza

kuthetsa mavutowo.

* Kulondola MFUNDO zomwe zinapangidwa pakuyendera kwa mbuyomo.
* Kupeza zoyenera kumuphunzitsanso mlangizi.
* Kubweretsa zipangizo ndi uthenga watsopano zomwe zithandize kuti ntchito ya

mlangizi wotengera kulera khomo ndi khomo iyende bwino.

* Kupitiriza ndi kulimbikitsa pulogalamu yotengera kulera khomo ndi khomo mdziko.

**Mitundu ya uyang'aniri**

**Ulendo wokathandiza**

Uwu ndi ulendo wolengezedwa umene umakonzedwa bwino molingana ndi

dongosolo la mlangiziyo. Kuyenderaku kumachitika kwa alangizi atsopano ndi akale

omwe. Nthawi yoyenderayi woyang'anira mlangizi wotengera kulera khomo ndi khomo amawona ndi kulankhula ndi mlangiziyu pa ntchito ndi kuona m'mene angathandizire kuti ntchito ya mlangiziyi ipite patsogolo.

**Ulendo wadzidzidzi**

Uwu ndi ulendo wochitika ndi woyang'anira mlangizi popanda kumuuza mlangizi. Paulendowu amakambirana MFUNDO zowerengeka zimene zapezeka pa zofooka za mlangizi, monga woyang'anira akhoza kufuna kufufuza mphekesera zochokera kwa anthu a m'deralo kuti mlangizi sakupereka chithandizo cha za kulera m'dera lake.

**Zigawo za uyang'aniri**

**Gawo 1 Kuyan'ganira kwa m'dera**

Kuyang'anira uku kumakhudza woyang'anira woyamba ndi mlangizi wotengera kulera khomo ndi khomo kudera lake.

**Gawo 2 Kuyang'anira kuchokera kuchipatala**

Kuyang'anira kokhudza woyendera wochokera kuchipatala yemwe amatchulidwa dokotala kapena namwino wa za kulera kapena woyang'anira za kulera m'boma lonselo kudzayang'anira muyang'aniri woyamba wa mlangizi wotengera kulera khomo ndi khomo.

**Gawo 3 Kuyang'anira kuchokera m'malikulu**

Uku ndi kuyang'anira kokhudza a Bungwe Loyang'anira za kulera m'Malawi, akulikulu la Unduna wa za Umoyo , mabungwe omwe si a boma ndi makampani.

**Ndondomeko Yoyendera Mzigawo**

**Gawo 1**

Woyang'anira woyamba wa mlangizi wotengera kulera khomo ndi khomo ayenera kumuyendera mlangiziyu kamodzi kapena kuposera apo mwezi uliwonse ngati kuli koyenera. Alangiziwa akazolowera ntchito yawo, woyang'anirayo ayendere kamodzi pa mwezi.

**Gawo 2**

Woyang'anira wochokera ku chipatala ayenera kuyang'anira oyang'anira alangizi woyamba, kamodzi pa miyezi itatu iriyonse.

**Gawo 3**

Woyang'anira wochokera kumalikulu ndi maunduna aziyendera woyang'anira wachiwiri kamodzi pa chaka.

**MUTU 45: WOYANG'ANIRA ALANGIZI OTENGERA**

**KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti woyang'anira alangizi otengera kulera khomo ndi khomo
2. Kufotokoza zomuyenereza munthu kukhala woyang'anira alangizi abwino
3. Kutchula anthu amene aziyang'anira pologalamu ya zotengera kulera khomo ndi khomo
4. Kufotokoza udindo wa anthu omwe aziyang'anira pologalamu yotengera kulera khomo ndi khomo

**KONTENTI**

**Tanthauzo la mau akuti woyang'anira mlangizi wotengera kulera khomo**

**ndi khomo**

Ndi munthu amene amathandiza alangizi otengera kulera khomo ndi khomo kugwira ntchito yawo bwino.

**Zomuyenereza munthu kukhala woyang'anira alangizi wabwino**

* Wokhulupirira alangizi.
* Woyamikira poyenera.
* Wopereka zipangizo zogwirira ntchito zokwanira.
* Wopereka mwayi kwa mlangizi kuti awonetse luso lake.
* Wothandiza pa zovuta mosayang'ana nkhope.
* Wopereka zifukwa zokwanira pogamula milandu.
* Wosakalipira alangizi pa gulu.
* Wosakondera mlangizi ali yense.
* Wosadzudzula mlangizi pa zifukwa zimene walakwa woyang'anirayo.
* Wosakamba miseche.

Anthu amene aziyang'anira pologalamu yawolera khomo ndi khomo

1. Woyang'anira alangizi woyamba
2. Woyang'anira wachiwiri
3. Woyang'anira am'malikulu

* Bungwe loyang'anira za Umoyo Wabwino wa M'banja m'Malawi
* Unduna wa za Umoyo .
* Mabungwe amene sali a boma ndi ma unduna ena.

**Udindo wa anthu omwe adziyang'anira pologalamu yotengera kulera khomo ndi**

**khomo**

**1. Woyang'anira alangizi woyamba**

* Ukamuonetsa mlangizi kwa anthu a m'dera lake atamaliza maphunziro.
* Kuthandiza mlangizi kudziwa dera lake logwira ntchito.
* Kuchititsa misonkhano ya alangizi mwezi uli onse.
* Kuthandiza kuphunzitsa alangizi.
* Kulemba malipoti ndi kusunga malekodi.
* Kuyendera ntchito za alangizi.
* Kuona ngati anthu otumizidwa ku sikelo yolerera kapena kwina akulandira chithandizo chokwanira.
* Kuthandiza alangizi kulemba chilinganizo cha milungu itatu cha ntchito zawo.
* Kuthandiza alangizi kuphunzitsa, kuyendera ndi kutumiza olera ku sikelo
* Kuthandiza alangizi kuphunzitsa za kapewedwe ka matenda opatsirana pogonana kuphatikizapo HIV/Edzi.
* Kuthandiza alangizi kukonza dongosolo la m'mene akopere anthu, aperekere njira zolerera ndi kutumiza anthu ofuna chithandizo china ku chipatala.

**2. Woyang'anira alangizi wachiwiri**

* Kuthandiza woyang'anira alangizi woyamba kudziwa dera limene

a ziyang'anira.

* Kuthandiza kuphunzitsa alangizi otengera kulera khomo ndi khomo

atsopano ndi akale.

* Kulemba malipoti ndi kusunga malekodi.
* Kuona kuti olera onse otumizidwa ndi alangizi ku sikelo ya za kulera

athandizidwa ndipo mayankho atumizidwa kwa alangiziwo.

* Kulunzanitsa, kuyang'anira ndi kuona momwe ntchito ya oyang'anira

oyamba ikuyendera.

**3. Woyang'anira a m'malikulu**

* Kugwira ntchito ndi anthu a boma ndi ena onse amene akugwira ntchito ya

za kulera.

* Kuwona m'mene ntchito ikuyendera, mavuto amene akuwapeza ndi

kupeza njira yothetsera mavutowo.

* Kuchita misonkhano ndi akuluakulu oyang'anira za kulera kuti aone

m'mene mapolojeketi akuyendera.

* Kulemba ndi kusanja malekodi a zochitika mu mapolojekiti otengera kulera

khomo ndi khomo.

* Kuthandiza ndi kuphunzitsa aphunzitsi a alangizi.
* Kulunzanitsa zochitika zonse za mabungwe osiyanasiyana zokhudzana

ndi nkhani yakulera.

**MUTU 46: NJIRA ZOSIYANASIYANA ZOYANG'ANIRA NTCHITO**

**NTHAWI YOPHUNZITSIRA: MPHINDI: 60**

**Mfundo za tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti uyang'aniri
2. Kutanthauzira mau akuti ulendo oyang'anira alangizi
3. Kutchula njira zinayi zoyang'anira alangizi
4. Kufotokoza ndondomeko yofuna kutsata pokonza ulendo okayang'anira ntchito ya alangizi
5. Kutanthauzira mau akuti chikalata chogwiritsa ntchito poyang'anira alangizi
6. Kutchula zigawo zimene ziri mchikalata chogwiritsa ntchito poyang'anira alangizi
7. Kufotokoza zoyenera kuchita poyang'anira mlangizi
8. Kutofokoza ndondomeko yogwiritsa ntchito poyang'anira mlangizi
9. Kutanthauzira mau akuti msonkhano wa pa mwenzi
10. Kutchula zifukwa khumi zochititsira msonkhano wa pamwezi
11. Kufotokoza m'mene misonkhano ya pamwezi imachitikira
12. Kutchula ndondomeko zofuna kutsata kuti msonkhano uyende bwino
13. Kutchula zifukwa zitatu zogwiritsa ntchito malangizo olemba powaganizira alangizi
14. Kukambirana njira zomukopera mlangizi kuti apitirize ntchito yake
15. Kusonyeza luso lakagwiritsidwe ntchito ka chikalata choonera m'mene ntchito ya mlangizi ikuyendera.

**KONTENTI**

**Tanthauzo la mau akuti uyang'aniri**

Kuthandiza mlangizi wotengera kulera khomo ndi khomo kuti agwire ntchito yake bwino ndi modalirika.

**Tanthauzo la mau akuti ulendo oyang'anira alangizi**

Uwu ndi ulendo woyendera alangizi ndi cholinga chowathandiza pa ntchito yawo

**Njira zinayi zoyang'anira alangizi**

* Kuyendera ntchito ya alangizi
* Kuthandiza kuchititsa maphunziro owakumbutsa alangizi za ntchito yawo.
* Kuchititsa misonkhano ya mwezi ndi mwezi.
* Kuwalembera alangizi zofunika kuchita.

**Ndondomeko yofuna kutsata pokonza ulendo okayang'anira ntchito ya alangizi**

Kuyang'anira ntchito za alangizi kungakonzedwe mu njira ziwiri. Njirazo ndi izi:

(a) **Chilinganizo cha nthawi yayitali choyendera ntchito**

* Konzani chilinganizo cha milungu itatu choyendera ntchito ya alangizi.
* Onani kuchuluka kwa njira zolerera ndi zipangizo zina zofunikira kwa mlangizi.
* Konzani m'mene mudzayendere.

(b) **Chilinganizo cha ulendo umodz**i

* + - Sonkhanitsani mfundo zosiyasiyana ndi kuzisanthula kuti muone ngati pali zovuta ndi kagwiridwe ka ntchito ka mlangizi. Izi zimathandiza oyang'anira kuti akonzekere za ulendowo monga mbali ya ntchito yofuna kukaiyang'anitsitsa.
    - Konzani zolinga za ulendo wanu. Izi zimathandiza kuti mudziwe zofunikira kunyamula pa ulendowu monga zipangizo zophunzitsira ndi njira zolerera.
    - Sonkhanitsani njira zolerera ndi zipangizo zofunika kunyamula kuphatikizapo cheki lisiti ndi malekodi ena.

**Tanthauzo la mau akuti chikalata chogwiritsira ntchito poyang'anira alangizi**

* Ndi chipangizo chothandiza woyang'anira kuona momwe mlangizi akugwirira ntchito.

**Zigawo zimene ziri mucheki lisiti (chikalata chogwiritsira ntchito poyang'anira alangizi)**

* Kuphunzitsa pa gulu
* Uphungu kwa olera oyamba ndi wopitiriza
* Kugwiritsa ntchito chikalata chomuyenereza olera kulandira njira ya maholomoni
* Kusunga ndi kusamala zipangizo ndi njira zolerera
* Kusunga malekodi.

**Zoyenera kuchita poyang'anira mlangizi**

**Muonerereni mlangizi akugwira ntchito izi:**

* Kuphunzitsa pagulu
* Kupereka uphungu kwa olera woyamba ndi wopitiriza
* Kugwiritsa ntchito chikalata chomuyenereza mai kulandira njira ya maholomoni
* Kusunga ndi posamala njira zolerera ndi zipangizo zina
* Kusunga malekodi ndi popereka malipoti.

**Muthandizeni mlangizi ngati kuli kofunika mosamuchititsa manyaz**i

* M'fotokozereni zoona pamene iye walakwa
* Wonjezerani mfundo pa zomwe waphunzitsa ngati kuli kofunikira
* Muuzeni m'mene akugwirira ntchito.
* Mukumbutseni maphunziro ofunika monga
  + ubwino wa kulera
  + m'mene njira zolerera zimagwirira ntchito
  + ubwino ndi kuvuta kwa njirazo

**Muyang'anitsitse kuti malekodi awa akuyenda bwino**

* Tale shiti
* Kadi ya wolera
* Kaundula

**Mupatseni uphungu pa zinthu izi**

* Pamene akuchita bwino
* Kulimbikira ndi kufooka kwake
* Mavuto amene akuwapeza
* Zofunika pa ntchito yake

**Ndondomeko yogwiritsira ntchito poyang'anira mlangizi**

* Dzidziwitseni kwa mlangizi
* Fotokozani cholinga cha ulendo wanu
* Muonerereni mlangizi akugwira ntchito, pogwiritsa ntchito cheki lisiti.
* Muthandizeni ngati kuli kofunika ndipo lembani zimene mwapeza
* Kambiranani naye pomulimbikitsa pamene wachita bwino ndi pa zofooka zake potsatira zimene mwapeza pa cheki lisiti yoyang'anira mlangizi
* Mlangizi ndi womuyang'anira asaine cheki lisiti akatha ntchitoyo.
* Santhulani zonse zimene mwapeza pa cheki lisiti yoyang'anira mlangizi ndipo mutumize lipoti kwa oyang'anira wachiwiri wa mlangizi.

**Dziwani izi:**

* + akhoza kukhala ndi luso losakwanira komanso kudziwa zochepa pa zomwe

anaphunzira.

* + akhoza kukhala osadziwa kugwira ntchito bwino ndi moyenera pakati pa

anthu a m'deralo.

* + akhoza kukhala alibe luso losunga ndi kuwerengera ndalama zomwe

agulitsa njira za kulera.

**Tanthauzo la mau akuti msonkhano wa pa mwezi**

Ndi kukumana kwa alangizi ndi owayang'anira oyamba komwe kumachitika kamodzi pa mwezi nthawi yogwirizana.

**Zifukwa zochitira msonkhano wa pa mwezi**

* Kuona zovuta zimene alangizi amakumana nazo pa ntchito yawo.
* Kukambirana ndi kugawana MFUNDO ndi nzeru zatsopano.
* Kuwauza alangizi zotsatira pakagwiridwe ka ntchito.
* Kuthetsa mikangano pakati pa alangizi ngati iripo.
* Kupititsa patsogolo m'gwirizano pakati pa alangizi.
* Kupangira limodzi chilinganizo cha ntchito ndi mlangizi.
* Kulimbikitsa alangizi kuti apitirize ntchito yawo.
* Kupeza njira kapena MFUNDO zopititsira patsogolo ntchito ya kulera.
* Kugwirira limodzi ntchito ngati gulu limodzi.
* Kupititsa patsogolo njira yogwirira ntchito.

**M'mene mungachititsire misonkhano ya pa mwezi**

* Konzani ndondomeko ya masiku a misonkhano ya pa mwezi.
* Cholinga cha misonkhano chikhale chomveka bwino. Ndikothandiza kulemba mwachidule cholinga cha msonkhano ndi MFUNDO zoyembekezeka kukambirana.
* Misonkhano ina imakonzedwa ndi cholinga chofuna kudziwitsana zofunikira, kugawana nzeru ndi maganizo ndipo ina imakhala yofuna kumanga MFUNDO yokhudzana ndi mapulani.
* Malo a msonkhano akhale pakatikati kuti onse ayende mtunda wofanana.
* Nthawi ya msonkhano ndiyofunikira zedi.
* Nthawi ya msonkhanoyi ikhale yokomera alangizi koposa oyang'anira. Nthawi ya msonkhano itha kusintha malingana ndi nyengo ndi cholinga chopatsa alangizi nthawi yogwira ntchito zawo zina.
* Kusunga nthawi yokambirana ndi ya mafunso ndi kofunika kwambiri pa nthawi ya msonkhano. Mwayi upatsidwe kwa aliyense pa msonkhano kuti lankhulepo.
* Ndi bwino kusunga nthawi pochititsa msonkhano. Ngati pakutha pa nthawiyo

mfundo sizinamangidwe,konzani tsiku lina. Izi zimathandiza kuti anthu aganizire

mozama pa MFUNDO zotsalazo

**Ndondomeko yofunika kutsata kuti msonkhano uyende bwino**

* Mukonzekere bwino za msonkhano.
* Mukhale omasuka ndi a ulemu.
* Perekani MFUNDO zanu mwanzeru.
* Muzivomereza maganizo a anzanu ngati ali bwino ndi anzeru.
* Muchepetse ndi kuthetsa mikangano.
* Mutsutse moyenera ndi mwaulemu.
* Muzimvetsera ena osati kulankhula nokhanokha.
* Mudziwe bwino kayendetsedwe ka makomiti.
* Muzidziwa kusunga nthawi.
* Mudziwe khalidwe la alangizi anu ndi zochitika zawo.
* Muchitepo kanthu pa MFUNDO zomwe msonkhano wamanga.

**Zifukwa zogwiritsa ntchito malangizo olemba powayang'anira alangizi**

* Ngati mlangizi simunaonane naye ndipo pali zina zofunikira.
* Ngati woyang'anira walephera kumuyendera mlangizi.
* Ngati pabwera zina zofunika kumuuza mlangizi mwadzidzidzi.

**Dziwani izi:-**

Malangizo olembedwa asalowe m'malo moyendera alangizi

**Njira zomukopera mlangizi kuti apitirize ntchito**

* Muyamikireni pamene pakufunika kumuyamikira pa gulu.
* Funsani maganizo alangizi pa nkhani zokhudzana ndi ntchito yawo. Izi zikuphatikizapo kufunsa maganizo awo pa mavuto omwe akupezana nawo ndi m'mene angawathetsere mavutowo.
* Muthandizeni mlangizi mwachangu pa mavuto amene angakumane nawo pantchito yake, amene sangawathetse pa iye yekha monga kuthetsa mikangano.
* Muwafotokozere ndi kuwakumbutsa kufunika kwa ntchito yawo.
* Mpatseni mlangizi zizindikiro za ntchito yake monga unifolomu, zipewa, mapini, (mabaji) zikwama ndi chikwangwani chosonyeza kuti ndi nyumba ya mlangizi otengera kulera khomo ndi khomo.
* Pochititsa msonkhano kapena pomuyang'anira mlangizi, chidwi chanu chidzikhala pa ntchito yake.
* Muziyesetsa kuti pazikhala maphunziro okumbutsa alangizi zimene anaphunzira ndi kuonjezera nzeru zawo poyenderana ndi alangizi anzawo.

**MUTU 47: KUONA MOMWE NTCHITO IKUYENDERA**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti kuona m'mene ntchito ikuyendera
2. Kufotokoza kusiyana kwa kuyang'anira ndi kuona
3. Kufotokoza cholinga cha kuona m'mene ntchito ikuyendera
4. Tchulani njira zinayi zoonera m'mene ntchito ikuyendera

**KONTENTI**

**Tanthauzo la mau akuti kuona m'mene ntchito ikuyendera**

Mauwa amatanthauza kuyang'ana momwe ntchito ikuyendera, ikupitiramtsogolo, ngati ikupindula, kulephera ndi kuyang'ana ngati zolinga zikukwaniritsidwa.

**Kusiyana kwa kuona ndi kuyang'anira**

* Kuyang'anira ndi kuthandiza anthu kuti agwire ntchito bwino.
* Kuona ndi kutsatira ntchito m'mene ikugwiridwira ndi cholinga choonetsetsa kuti zolinga zikukwaniritsidwa.

**Zolinga za kuona m'mene ntchito ikuyendera**

1. **Kuwona m'mene ntchito inayambira kumathandiza kudziwa ngati:**

* Ntchito ikugwirika monga mwachikonzero.
* Ogwira ntchitoyo alipo.
* Zipangizo zogwirira ntchito zilipo.
* Uthenga wofunikira ulipo.
* Anthu ndi atsogoleri a m'deralo akugwira nawo ntchitoyo monga kuyenerera.

2. **Kuwona m'mene ntchito ikuyendera kumathandiza kudziwa kuti:**

* Ntchito zoyembekezedwazo zikugwiridwa mwa ndondomeko ndi chikhalidwe chovomerezeka.
* Muyeso wa kagwiridwe ka ntchito ukukwaniritsidwa.
* Misonkhano ikuchitika mwa ndondondomeko.
* Anthu akumvana moyenerera.
* Zipangizo zogwirira ntchito zikugwiritsidwa moyenerera.

3. **Kuona zotsatira za ntchito kumathandiza kudziwa ngati:**

* Phindu lomwe lapezeka likugwirizana ndi m'mene kukufunikira.
* Ntchito yothandiza anthu ikugwirika mwa chikonzero.
* Maphunziro akupititsa luso la ntchito patsogolo.
* MFUNDO zokhudza ntchitoyi zikumangidwa pa nthawi yache ndi moyenera.
* Malekodi ngodalirika ndipo malipoti akuperekedwa.
* Kusiyana maganizo kukuthetsedwa mwachangu.
* Anthu a m'deralo ndi okhutira ndi ntchitozo.

**4. Njira zoonera m'mene ntchito ikuyendera**

* Kutsatira ntchito ya mlangizi m'mene ikuyendera.
* Kuona malekodi.
* Kuwerengera zipangizo zimene anapatsidwa ndi m'mene ziriri m'mabuku.
* Kukambirana za m'mene ntchito ikupitira mtsogolo ndi zolepheretsa

pamodzi ndi alangizi ndi anthu a m'deralo.

**MUTU 48: KUUNIKA NDI KUFOTOKOZA ZOTSATIRA ZA NTCHITO YA MLANGIZI YA KUTENGERA KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za Tsatanetsatane**

Potsiriza pa phunziroli ophunzira onse ayenera:

1. Kutanthauzira mau akuti kuunika
2. Kufotokoza zolinga za ntchito ya mlangizi
3. Kufotokoza kufunika kwa kuunika
4. Kufotokoza ndondomeko younikira ntchito ya mlangizi
5. Kutanthauzira mau akuti kufotokozera zotsatira za ntchito ya mlangizi otengera kulera khomo ndi khomo.
6. Kufotokoza MFUNDO zisanu zoyenera kuzitsata ponena zotsatira.

**KONTENTI**

**Tanthauzo la mau akuti kuunika**

Ndi kuona kufunikira kwa chinthu.

**Zolinga za ntchito ya mlangizi**

* Kupititsa patsogolo, kudziwitsa, kuphunzitsa ndi kukambirana za kulera ndiponso kuphunzitsa za kapewedwe ka matenda opatsirana pogonana kuphatikizapo Edzi.
* Kupereka mapiritsi akumwa, ndi makondomu kwa anthu ofuna kulera.
* Kulemba mu kaundula, ma tale shiti ndi kadi ya wolera.
* Kukhala nao pa misonkhano yokonzedwa ndi anthu a magulu ena monga a ndale, a tchalichi, a zaulimi ndi a zachitukuko.

**Kufunika kwa Kuunika**

* Kufuna kuona m'mene ntchito ya mlangizi ikuyendera ndi kusintha pamene pakufunikira.
* Kutumiza olera ofuna njira zina ku sikelo yolerera ya pafupi.
* Kumathandiza kupanga mapulani ena abwino a mtsogolo.
* Kumathandiza kuti ntchito iyende bwino.
* Kusonkhanitsa zambiri zokhudza momwe ntchito ikuyendera.
* Kukhala ndi mpata wokambirana momwe ntchito ikuyendera.
* Kulinganiza m'mene ntchito ya mlangizi ikuyendera poyerekeza ndi alangizi ena.
* Kuona mozama ntchito imene waigwirayo.
* Kuona pamene wachita bwino ndi pamene walephera.
* Kukonzanso njira zoyang'anira ntchitoyo.
* Kuona ntchito m'mene ikuyendera.
* Kuona ntchito imene yachitika.

**Mwachidule:**

Kusanthula ndi chida chimodzi chothandiza popereka maganizo a m'mene zinthu ziriri. Kusanthula ndi gawo limodzi loona m'mene ntchito ikuyendera koma sizikunkhudzana ndi kuyang'anira anthu. Zotsatira za kusanthula zimathandiza munjira izi:

* Kuona pologalamu yoti n'kuyambitsa.
* Kuona njira zoyendetsera pologalamu.
* Kuona ngati nkofunika kupitiriza pologalamu.

**Ndondomeko younikira ntchito ya mlangizi**

1.0 Ntchito imene wagwira mlangizi

Linganizani zimene mwapeza ndi zimene mlangizi anakonza kuti achite kwa mwezi umenewo monga:

* Chiwerengero cha olera atsopano ndi njira zimene akutsata.
* Chiwerengero cha anthu amene awayendera khomo ndi khomo.
* Chiwerengero cha maphunziro a kulera amene aperekedwa.

2.0 M'mene ntchito ya mlangizi wotengera kulera khomo ndi khomo ikuyendera

Ntchito ya mlangizi imaunikidwa ndi cholinga choona ngati akugwira bwino. Mwachitsanzo, kuona ngati wakwaniritsa ntchito imene anamupatsa ndiponso waigwira pa nthawi yake ndi moyenera.

3.0 Kagwiridwe ka ntchito ya mlangizi

Kagwiridwe ka ntchito kamaunikidwa ndi cholinga choti:

* munthuyo atengerepo phunziro pa zomwe akuchita
* kukonza zimene amalephera ndi kupitiriza zimene akuchita bwino.
* kudziwa zofuna kuwaphunzitsa.

**Dziwani izi:**

Mafunso awiri amene angafunsidwe pounika m'mene ntchito yayendera ndi awa:

- Kodi zotsatira zake ziri m'mene zimayenera kukhalira?.

- Ngati sichoncho, n'chifukwa chiani?

Zipangizo zimene zimagwiritsidwa ntchito pounika ntchito ya mlangizi ndi ndondomeko ya tchito za mlangizi ndi chilinganizo chogwirira ntchito.

Kagwiridwe ka ntchito ya mlangizi kadzaunikidwa molingana ndi:

* phindu la ntchito
* chithandizo chimene chaperekedwa
* uthenga umene wafika kwa anthu oyenera kuumva

Oyang'anira mlangizi woyamba aunike kagwiridwe ka ntchito ka mlangizi posankha ntchito zowerengeka zimene mlangizi wagwira. Izi zikhale ntchito zothandiza kupititsa mtsogolo ntchito ya kulera ndi luso la mlangiziyo. Kuunika kwa nthito ya mlangizi kukhale komuthandiza pa kagwiridwe ka ntchito osati kumupezera zifukwa.

4.0 Zipangizo zogwiritsa ntchito posanthula ntchito ya mlangizi

Ntchito ya mlangizi idzasanthulidwa poona izi:

* Chikalata chofotokoza ntchito ya mlangizi
* Chilinganizo cha milungu itatu chogwiria ntchito yake
* Ntchito imene waigwira.
* Zotsatira za ntchito yake
* Ngati uthenga wafika kwa anthu ofunikira.

**Dziwani izi:**

Oyang'anira alangizi asankhe ntchito zochepa zofunika kuunika pofuna kuona m'mene wagwirira ntchito mlangizi. Izi zikhale ntchito ndi zochita zimene zimapangitsa mlangizi kuti agwire ntchito moyenera ndi mofunikira. Ntchito zimenezi zingathe kusiyana malingana ndi kusiyana kwa mapolojeketi. Kusanthula kwa ntchito sikuchitika ndi cholinga chofuna kupeza zifukwa kwa mlangizi koma ndi cholinga chomuthandiza kuti agwire ntchito moyenera ndi mofunikira. Chotero myang'aniri akatha kuunika ayenera kufotokoza kwa mlangizi zotsatira za kuunika.

**M'mene akugwiritsira ntchito zipangizo**

Oyang'anira mlangizi aziringaniza zipangizo zimene wapereka kwa mlangizi ndi m'mene zagwiritsidwira ntchito.

Tanthauzo la mau akuti kufotokozera zotsatira za ntchito ya mlangizi

wotengera kulera khomo ndi khomo

Kumuuza mlangizi m'mene akugwirira ntchito (zimene akuchita bwino ndi zimene ayenera kusintha).

Mfundo zoyenera kutsata pofotokozera zotsatira:

Pofuna kuonetsetsa kuti kufotokozera zotsatira kwachitika mwa phindu tsatani izi:

* Zikhale zogwirizana ndi ntchito
* Ndemanga zilembedwe m'mene woyang'anira mlangizi waonera kagwiridwe ntchito ka mlangizi.
* Zinenedwe
* Mlangizi auzidwe mwamsanga zotsatira za kuunika ndipo auzidwe limodzi ndi alangizi anzake ngati nkotheka, chifukwa akachedwa, zimakhala zopanda phindu.
* Kufotokozera zomuthandiza kusintha
* Ndemanga zikhale zomuthandiza mlangizi kuti agwire bwino ntchito yake kwa iye yekha kapena mothandizana ndi anzake.
* Kukambiranaku kukhale komukopa mlangizi

Yambani ndi kumuuza zimene akuchita bwino kenako mumuuze zofunika

kusintha.

* Kukambiranaku kukhale komulimbikitsa mlangizi
* Kambiranani ndi mlangizi m'mene angapitiritsire mtsogolo ntchito yake ndipo mumulimbikitse kuti ntchito yake ndiyofunika.

**MUTU 49: DONGOSOLO LA KAITANITSIDWE, KASUNGIDWE NDI KAGAWIDWE KA NJIRA ZOLERERA LA OYANG'ANIRA ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: Mphindi 120**

**Mfundo zatsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti dongosolo la kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera
2. Kufotokoza kufunika kwa dongosolo la kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera
3. Kufotokoza mafomu ogwiritsa ntchito pa kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera mu ntchito yotengera kulera khomo ndi khomo
4. Kufotokoza kaitanitsidwe kanjira zolerera kuchokera ku sikelo yolerera
5. Kufotokoza ndondomeko yogawira njira zolerera kwa mlangizi wotengera kulera khomo ndi khomo
6. Kufotokoza udindo wa woyang'anira mlangizi woyamba pa dongosolo la kaitanitsidwe, kasungidwe ndi kagwiritsidwe ntchito ka njira zolera

**KONTENTI**

**Tanthauzo la dongosolo la kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera.**

* Ndi chilinganizo chimene chimakonzedwa kuti chithandize

kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera.

* Ndi ndondomeko yothandiza kusonkhanitsa ndi kulemba malipoti pa ntchito yokhudza njira zolerera zimene zinalandiridwa, kuperekedwa ndi zimene ziripo.

**Kufunika kwa dongosolo la kaitanitsidwe, kasungidwe ndi kagawidwe ka njira zolerera**

* Limatsimikiza kuti aliyense wofuna kulera athe kupeza njira zolerera nthawi iliyonse imene angaifune kuchokera kwa mlangizi wotengera kulera khomo ndi khomo kapena ku sikelo yolerera.
* Limatsimikizanso kuti mlangiziyo azikhala ndi njira zolerera zokwanira ndiponso sakuitanitsa njira zambiri kuti zingaonongeke.
* Limathandiza kulongosola za kasungidwe ka njira zolera.

**Mafomu ogwiritsa ntchito pa kaitanitsidwe, kasungidwe ndi kagawidwe kanjira zolerera**

**a. Fomu ya LMIS-01F (Tale shiti)**

Dziwani izi:

Pa MFUNDO izi mphunzitsi abwereze phunziro la kusunga malekodi cholinga chachinayi mpakana chachisanu ndi chitatu.

**b. Fomu ya LMIS-01K**

Iyi ndi fomu imene imagwiritsidwa ntchito mu dongosolo la kaitanitsidwe, kasungidwe ndi kagawidwe ka njira yolerera imene imalembedwa ndi woyang'anira mlangizi woyamba pamodzi ndi mlangizi wotengera kulera khomo ndi khomo mwezi uli wonse. Fomuyi iri ndi njira zonse zimene zimaperekedwa ndi mlangizi wopereka njira za kulera khomo ndi khomo ndi kuchuluka kwa njirazi pa mwezi wonse.

Pa fomuyi amalembaponso izi:

* Dzina la woyang’anira mlangizi woyamba
* Dzina la chipatala
* Dzina la njira

Fomuyi inagawidwa mu zigawo zisanu ndi zitatu izi:

**Gawo A** – Tsiku

**Gawo B** - Nambala ya njira zimene ziripo kumayambilo a mwezi.

**Gawo C** - Njira zimene zapelekedwa mwezi wonse.

**Gawo D** – Njira zowonongeka

**Gawo E** - Njira zonse zogawana

**Gawo F** - Njira zotsala pakutha pa mwezi

**Gawo G** - Njira zimene walandira

**Gawo H** - Njira zonse ali nazo.

**Gawo I** - Ndemanga

Dzina la woyang'anira mlangizi, malo osaina ndi tsiku.

Malo osaina ndi tsiku

**(i) Cholinga cha fomu ya LMIS-01K**

* Kuwerengera kuchuluka kwa njira zolerera zimene zingaperekedwe kwa mlangizi wotengera kulera khomo ndi khomo.
* Kupeza njira zimene zatsala ndi mlangizi wotengera kulera khomo ndi khomo
* Kupereka lipoti ya nambala ya njira zolerera zaperekedwa mwezi wonse kwa anthu olera.

**(ii) Nthawi imene fomu ya LMIS-01K iyenera kulembedwa**

Pasanapite masiku awiri a mwezi wotsatirawo.

**(iii) Ndondomeko ya kalembedwe ka fomu ya LMIS-01K**

Fomuyi ilembedwe motsatira ndondomeko izi:

**1. Dzina la woyang’anira mlangizi**

Lembani dzina la woyang’anira mlangizi wotengera kulera khomo ndi khomo monga Taibu.

**2. Dzina la chipatala**

Lembani dzina la chipatala lomwe alangizi anu wotengera kulera khomo ndi khomo ali, monga. Milepa .

**3. Dzina li njira**

Lembani dzina la njira yomwe yaperekedwa mwezi umene lipoti likuyimila monga, kondomu ya amai.

**4. Tsiku, mwezi ndi chaka(A)**

Lembani tsiku, mwezi ndi chaka chimene lipoti likuyimira monga 2/11/2012.

**5. Nambala ya njira zimene zilipo kumayambirilo a mwezi(B)**

Lembani kuchuluka kwa njira zoyambira kuchokera chigawo "H". chalipoti ya mwezi watha muchigawo "B".

**6. Kuchuluka kwa njira zoperekedwa (C)**

Lembani kuchuluka kwa njira zolera zimene zaperekedwa kwa olera mwezi umenewo mu chigawo "C"

**7. Zoonongeka, Kutayika kapena kusokonekera n.(D)**

Lembani kuchuluka kwa njira zolerera zimene mlangizi wanena kuti zatayika,

zasokonekera, kapena zaonongeka

**8. Zogawana (E)**

Lembani kuchuluka kwa njira zimene alangizi agawana, monga (-) amene akugawa (+) amene akulandira.

**9. Njira zotsala zimene zalembedwa mukaundula(F)**

Chotserani nambala ya gawo "C" komanso gawo "D" kuchokera mu gawo “B” ndipo muonkhetse kapena kuchotsera mu nambala iri mugawo "E" ndipo lembani yankho mu gawo "F".

**10. Njira zomwe alandira (G)**

Lembani kuchuluka kwa njira zolandiridwa mwezi umenewo kuchokera kwa

mlangizi woyamba. wonkhetsani nambala yamu gawo C ya lipoti ya mwezi watha

ku gawo C ya mwezi umene mukulembera lipoti

**11. Njira zonse zoyenera kuperekedwa(G)**

Onkhetsani nambala ya mugawo "C" ya lipoti ya mwezi watha ku gawo "C" ya

mwezi umene mukulembera lipoti. Ndipo lembani yankho limene mwalipeza

mugawo "G".

1. **Kuchuluka kwa njira zolerera zofunikira**

Wonjezerani nambala yamugawo "F" ku nambala ya mu gawo "G" ndipo lembani yankho mu gawo "H".**13. Ndemanga(I)**

Fotokozerani manambala amene akupezeka mu gawo D ndi E.(iv) **Kusonyeza luso**

Malangizo kwa mphunzitsi

* Perekani fomu ya LMIS-01K kwa ophunzira aliyense.
* Perekani nambala ya njira zolerera zoyambira ndi fomu ya LMIS-01F yolembedwa.
* Uzani ophunzira kuti akhale awiri awiri. Wina akhale mlangizi otengera kulera khomo ndi khomo ndipo winayo akhale woyang'anira mlangizi woyamba.
* Aphunzitsi ayendere ophunzira akulemba ndi kuona m'mene ophunzirawo akulembera.
* Ophunzira onse akamaliza, ophunzitsa afunse ophunzira awiri kubwera kutsogolo kuti adzasonyeze kalembedwe ka fomu yaikulu ya LMIS-01K.
* Aphunzitsi afunse ophunzira onse ngati alemba mofanana ndi anzao. Ngati ziri zosiyana akambirane.

**Kaitanitsidwe ka njira zolerera.**

* Woyang'anira mlangizi woyamba amaitanitsa njira zolerera kuchokera ku sikelo ya za kulera imene ali nayo pafupi.
* Mwezi uliwonse woyang'anira mlangizi woyambayu azilemba malipoti pogwiritsa ntchito ma fomu a LMIS-01F (Tale shiti).
* Woyang'anira mlangizi woyambayu azitenga manambala kuchokera pa fomu ya LMIS-01F(tale shiti) kulemba lipoti la mwezi ndi mwezi pogwiritsa ntchito fomu ya LMIS-01K pamodzi ndi mlangizi wotengera kulera khomo ndi khomo.
* Fomu iliyonse ya LMIS-01K imasonyeza kuchuluka kwa njira zolerera zofunika ndi mlangizi wotengera kulera khomo ndi khomo. Ndikofunikira kwambiri kuti

woyang'anira mlangizi woyamba adziwe kuwerengera njira zolerera zimene zikufunika ndi alangizi wotengela kulera khomo ndi khomo.

* Woyang'anira mlangizi woyamba azipereka malipoti kwa woyang'anira wachiwiri amene apereke njira zolerera molingana ndi malipoti.

**Ndondomeko yogawira njira zolerera**

* Nambala yanjira zolerera zoperekedwa kwa mlangizi imachokera pa fomu ya LMIS-01K pa chigawo "G" pamene palembedwa kuchuluka kwa njira zolerera.
* Woyang'anira mlangizi woyamba amapereka njirazi pa msonkhano wao wamwezi ndi mwezi.
* Akapereka njirazi, zotsala akabweze ku sikelo ya za kulerera

**Chidziwitso: Woyang'anira alangizi woyamba sayenera kusunga njira zolerera.**

**FOMU LA LMIS 01J (SUMMARY FORM)**

Iyi ndi fomu yomwe imalembedwa ndi woyang’anira mlangizi woyamba ndipo ili ndi zigawo izi:

* Dzina la mlangizi.
* Dzina la chipatala chaching’ono chimene mlangizi wayandikana nacho.
* Boma
* Mwezi womwe tikupeleka lipoti.

Zigawo za fomu iyi.

1. Gawo lowonkhetsa njira zonse zomwe zaperekedwa ndi alangizi wotengera kulera khomo ndi khomo a mderalo.
2. Gawo lowonkhetsa chiwerengero cha anthu onse amene alandira njira zolera.
3. Gawo la chiwerengero cha zaka za anthu amene alandira njira zakulera.
4. Gawo la chiwerengero cha anthu wotumizidwa ndi mayankho aku chipatala.
5. Gawo la chiwerengero cha anthu amene alandira uthenga wazakulera wamatenda wopatsirana pogonana kuphatikizilapo HIV/Edzi ndi mauthenga ena.
6. Gawo la chiwerengero cha zipangizo zoyezela HIV/Edzi.
7. Gawo la chiwerengero cha anthu amene ayezedwa kachilombo ka HIV molingana ndi zaka zawo.
8. Gawo la chiwerengero cha anthu amene atumizidwa ku chipatala.

Woyang’anira mlangizi woyamba ayenera kuziwa chiwerengero cha alangizi wotengela kulera khomo ndi khomo amudera lake ndi amene apereka ma lipoti mwezi uliwonse.

**FOMU YA LMIS 01G**

Iyi ndi fomu imene imalembedwa ndi woyang’anira mlangizi woyamba woyitanitsa njira zakulera ndikupereka ma lipoti. Imalembedwa tsiku lachitatu mwezi uliwonse.

Ili ndi zigawo ziwiri.

* Gawo loyamba: Lolembedwa ndi woyang’anira mlangizi woyamba.
* Gawo lachiwiri: lolembedwa ndi woyang’anira mlangizi wachiwiri (health centre in-charge)

**FOMU LA LMIS 01J (SUMMARY FORM)**

Iyi ndi fomu yomwe imalembedwa ndi woyang’anira mlangizi woyamba ndipo ili ndi zigawo izi:

* Dzina la mlangizi.
* Dzina la chipatala chaching’ono chimene mlangizi wayandikana nacho.
* Boma
* Mwezi womwe tikupeleka lipoti.

Zigawo za fomu iyi.

1. Gawo lowonkhetsa njira zones zomwe zaperekedwa.
2. Gawo lowonkhetsa chiwerengero cha anthu onse amene alandira njira zolera.
3. Gawo la chiwerengero cha zaka za anthu amene alandira njira zakulera.
4. Gawo la chiwerengero cha anthu wotumizidwa ndi mayankho aku chipatala.
5. Gawo la chiwerengero cha anthu amene alandira uthenga wazakulera wamatenda wopatsirana pogonana kuphatikizilapo HIV/Edzi ndi mauthenga ena.
6. Gawo la chiwerengero cha zipangizo zoyezela HIV/Edzi.
7. Gawo la chiwerengero cha anthu amene ayezedwa kachilombo ka HIV molingana ndi zaka zawo.
8. Gawo la chiwerengero cha anthu amene atumizidwa ku chipatala.

Woyang’anira mlangizi woyamba ayenera kuziwa chiwerengero cha alangizi wotengela kulera khomo ndi khomo amudera lake ndi amene apereka ma lipoti mwezi uliwonse.

FOMU YA LMIS 01G

Iyi ndi fomu imene imalembedwa ndi woyang’anira mlangizi woyamba woyitanitsa njira zakulera ndikupereka ma lipoti. Imalembedwa tsiku lachitatu mwezi uliwonse.

Ili ndi zigawo ziwiri.

* Gawo loyamba: cholembedwa ndi woyang’anira mlangizi woyamba.
* Gawo lachiwiri: lolembedwa ndi woyang’anira mlangizi wachiri (Health Centre in-charge)

**MUTU 50: MALIPOTI A PAMWEZI A CHIWERENGERO CHAOLERA**

**ONSE A WOWAYANG'ANIRA ALANGIZI OTENGERA**

**KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI 120**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli ophunzira onse ayenera:**

1. Kutanthauzira mau akuti malipoti a pamwezi a chiwerengero cha olera onse a pologalamu ya otengera kulera khomo ndi khomo
2. Kufotokoza cholinga cha malipoti a pamwezi a chiwerengero cha olera onse
3. Kutchula mafomu awiri ogwiritsa ntchito polemba malipoti a pamwezi a chiwerengero cha olera onse a pologalamu yotengera kulera khomo ndi khomo
4. Kufotokoza fomu yotchedwa CBD Supervisor Monthly Report
5. Kufotokoza cholinga cha fomu ya CBD Supervisor Monthly Report
6. Kufotokoza nthawi imene fomu ya CBD Supervisor Monthly Report imalembedwa
7. Kufotokoza ndondomeko ya kalembedwe ka fomu ya CBD Supervisor Monthly Report
8. Kusonyeza luso la kalembedwe ka fomu ya CBD Supervisor Monthly Report
9. Kufotokoza fomu ya CBD Consolidated Monthly Report
10. Kufotokoza cholinga cha fomu ya CBD Consolidated Monthly Report
11. Kufotokoza nthawi imene fomuyi imalembedwa
12. Kufotokoza ndondomeko ya kalembedwe ka fomuyi
13. Kusonyeza luso la kalembedwe ka fomu ya CBD Supervisor Monthly Report

**KONTENTI**

**TANTHAUZO LA MAU AKUTI MALIPOTI**

Kuonkhetsa, kulemba ndi kutumiza zotsatira zokhudzana ndi anthu onse pa zakulera mu pologalamu yotengera kulera khomo ndi khomo mwezi uli wonse.

**Cholinga cha malipoti a pa mwezi a chiwerengero cha olera onse**

* Kupereka malipoti kwa woyang'anira mlangizi wachiwiri wotengera kulera khomo ndi khomo pa ntchito ya chiwerengero cha olera onse.
* Kupereka malipoti kwa woyang'anira akumalikulu.

**Mafomu awiri ogwiritsa ntchito polemba malipoti a pa mwezi a**

**chiwerengero cha olera onse a pologalamu yotengera kulera khomo ndi**

**khomo**

(a) **Fomu ya CBD Supervisor Monthly Report**

* + - Fomuyi ndi lipoti ya pa mwezi.
    - Imasonkhanitsa chiwerengero cha olera onse kuchokera mu kaundula ndi Tale Shiti.
    - Fomuyi ili ndi malo olembapo dzina la pulojeketi "CBD PROJECT" Boma "District", dzina la woyang'anira mlangizi woyamba "NAME OF PRIMARY, SUPERVISOR" Mwezi "MONTH", NDI CHAKA "YEAR".
    - Fomuyi iri ndi zigawo izi:

Gawo loyamba : Dzina la mlangizi wotengera kulera khomo ndi khomo.

Gawo lachiwiri : Chiwerengero cha mwezi wonse cha olera atsopano. Fomuyi iri ndi malo olembapo nambala ya olera atsopano potsatira njira zomwe zalembedwa (mwachidule).

Gawo lachitatu : Chiwerengero cha mwezi wonse cha olera akale potsatira njira zomwe zalembedwa mwachidule.

Gawo lachinayi : Chiwerengero cha mwezi onse cha olera amene

atumizidwa ku chipatala kukayesedwa mthupi, pa zifukwa zina, kukasankha

njira zina kuphatikizaponso amene anabwerako ndi kusankha njira zina

zolerera.

(i) **Cholinga cha fomu ya CBD Supervisor Monthly Report**

Kupereka malipoti ku sikelo ya za kulera ya pafupi ndi mlangizi wotengera kulera khomo ndi khomo pa ntchito yokhudzana ndi chiwerengero cha olera amene awathandiza.

(ii) **Nthawi imene fomu ya CBD Supervisor Monthly Report iyenera kulembedwa**

Pasanapite masiku asanu a mwezi wotsatirawo.

(iii) **Ndondomeko ya kalembedwe ka fomu ya CBD Supervisor Monthly Report**

Fomuyi ilembedwe motsatira ndondomeko izi:

1. ***CBD PROJECT***

Lembani dzina la polojeketi yotengera kulera khomo ndi khomo monga: **Lundu**

2. ***DISTRICT*** Lembani boma lomwe polojeketi iri monga; **Blantyre**

3. ***NAME OF PRIMARY SUPERVISOR***

Lembani dzina la woyang'anira alangizi woyamba monga: **Cathy Tambala**

4. ***MONTH***

Lembani mwezi umene ukuimira chiwerengero cha olera chomwe mwasonkhanitsa monga: **September.**

5. ***YEAR***

Lembani chaka chimene chikuimira chiwerengero cha olera onse chomwe mwasonkhanitsa monga: **2010.**

6. ***GAWO LOYAMBA: NAME OF CBDA***

Lembani maina a alangizi otengera kulera khomo ndi khomo.

**Mwachitsanzo:**

1. Catherine Shawa

2. Daniel Banda

3. Ellena Mayeso

4. Samuel Manda

5. Barton Mhone

7. ***GAWO LACHIWIRI: NEW CLIENTS***

Lembani nambala ya olera onse atsopano pa njira iri yonse kuchokera pa fomu ya L.M.I.S. 01 ya mlangizi aliyense.

**Mwachitsanzo:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **microlut**  *Mapilisi a mphavu imodzi* | **microgynon**  *mapilisi a mphavu ziwiri* | **male condom** | **female condom** |
| 1 | 4 | 3 | 6 | 0 |
| 2 | 2 | 1 | 3 | 1 |
| 3 | 6 | 8 | 1 | 0 |
| 4 | 8 | 4 | 2 | 3 |
| 5 | 3 | 3 | 0 | 1 |

**8. *GAWO LACHITATU: SUBSEQUENT CLIENT***

Lembani nambala ya olera onse akale pa njira iri yonse kuchokera pa fomu ya L.M.I.S. 01 ya mlangizi aliyense.

**Mwachitsanzo:**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **microlut**  *Mapilisi a mphavu imodzi* | **microgynon**  *mapilisi a mphavu ziwiri* | **male condom** | **female condom** |
| 1 | 22 | 34 | 2 | 0 |
| 2 | 17 | 31 | 0 | 0 |
| 3 | 24 | 42 | 10 | 0 |
| 4 | 30 | 66 | 1 | 6 |
| 5 | 18 | 25 | 0 | 2 |

9. ***GAWO LACHINAYI: REFERRAL***

Lembani nambala ya olera onse omwe anatumizidwa

ku chipatalakuchokera pa fomu ya L.M.I.S. 01 mothandizidwa

ndi kaundula wa mlangizi aliyense.

**Mwachitsanzo:**

**OTHER METHODS EFFECTIVE REFERRALS**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **PE** | **SE** | **DEP** | **LOOP** | **TL** | **IMP** |
| 1 | 7 | 1 | 3 | 0 | 2 | 1 |
| 2 | 3 | 0 | 2 | 1 | 0 | 0 |
| 3 | 14 | 0 | 0 | 0 | 1 | 1 |
| 4 | 12 | 1 | 0 | 0 | 0 | 0 |
| 5 | 6 | 2 | 1 | 0 | 0 | 0 |

PE- Physical Examination

SE- Side Effects

DEP- Depo-Provera injection

LOOP- IUCD

TL- Tubal Ligation

IMP- Implants (Jadelle, Implanon)

10. ***TOTAL***

Onkhetsani ma nambala a anthu onse mu Gawo Lachiwiri, Lachitatu ndi Lachinayi ndi kulemba matotala m'munsi mwa gawo liri lonse.

**Mwachitsanzo:**

**NEW CLIENTS**

Totala ya Gawo lachiwiri:

|  |  |  |  |
| --- | --- | --- | --- |
| Microlut | Microgynon | Male Condom | Female Condom |
| 23 | 19 | 12 | 5 |

**SUBSEQUENT CLIENTS**

Totala ya Gawo lachitatu:

|  |  |  |  |
| --- | --- | --- | --- |
| Microlut | Microgynon | Male Condom | Female Condom |
| 111 | 198 | 13 | 8 |

Totala ya Gawo lachinayi:

|  |  |  |  |
| --- | --- | --- | --- |
| Physical examination | Side Effects | Depo-provera | Female Condom |
| 42 | 4 | 16 | 1 |

**OTHER METHODS**

Totala ya Gawo lachinayi:

|  |  |  |  |
| --- | --- | --- | --- |
| Depo-provera |  |  | Female Condom |
|  |  | 16 | 1 |

**EFFECTIVE REFERRALS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Physical examination | Side Effects | Depo-provera | Tubal Ligation | LOOP |
| 42 | 4 | 16 | 2 | 1 |

**Kusonyeza luso la kalembedwe ka fomu ya CBD Supervisor Monthly Report**

MALANGIZO KWA MPHUNZITSI

* Pelekani ma fomu a CBD Supervisor Monthly Report kwa ophunzira aliyense. Perekaninso mafomu a LMIS-01F olembedwa kwa aliyense.
* Uzani wophunzira aliyense kuti alembe fomu ya CBD Supervisor Monthly Report payekhapayekha.
* Aphunzitsi ayendere ophunzira akulemba ndi kuona m'mene ophunzirawo akulembera.
* Ophunzira onse akamaliza, ophunzitsa afunse ophunzira awiri kubwera kotsogolo kuti adzasonyeze kalembedwe ka fomuyi
* Aphunzitsi afunse ophunzira onse ngati alemba mofanana ndi anzao. Ngati ziri zosiyana akambirane.
* Ndondomeko yolembera fomuyi ndi yofanana ndi m'mene afotokozera mu cholinga cha chisanu ndi chiwiri, kupatula kuti zolembedwa mufomuyi zimachokera muchiwerengero chonse cha mafomu a CBD Supervisor Monthly Report ya woyang'anira mlangizi woyamba aliyense.

**(b) Kufotokoza Fomu ya CBD Consolidated Monthly Report**

Iyi ndi fomu yomwe imasonkhanitsa chiwerengero cha olera onse kuchokera pa

mafomu a CBD Supervisor Monthly Report. Zigawo zake ndi zofanana kupatula

chigawo choyamba chomwe chiri ndi maina a woyang'anira mlangizi woyamba.

**(i) Cholinga cha fomu ya CBD Consolidated Monthly Report**

Kupereka malipoti kwa oyang'anira a kulikulu amene amatsatira pologalamu ya alangizi otengera kulera khomo ndi khomo

**(ii) Nthawi imene fomuyi imalembedwera**

Fomuyi ilembedwe pasanapitirire tsiku la khumi la mwezi wotsatira.

**(iii) Ndondomeko ya kalembedwe ka fomu ya CBD Consolidated Monthly Report**

DZIWANI IZI:

Ndondomeko yolembera fomuyi ndiyofanana ndi m'mene afotokozera mucholinga chachisanu ndi chiwiri, kupatula kuti zolembedwa mufomuyi zimachokera muchiwerengero chonse chamafomu a CBD Supervisor Monthly Report ya woyang'anira mlangizi woyamba aliyense.

1. **Kusonyeza luso la kalembedwe ka fomu ya CBD Supervisor Monthly Report.**

* Perekani mafomu a CBD Consolidated Monthly Report kwa ophunzira aliyense (kuchokera pa tsamba …
* Perekaninso mafomu olembedwa kale a CBD Supervisor Monthly Report kwa ophunzira aliyense
* Apatseni ophunzira mphindi makumi awiri kuti amalize kulemba
* Aphunzitsi ayendere ophunzira akulemba ndi kuona m'mene ophunzirawo akulembera
* Ophunzira onse akamaliza, mphunzitsi afunse ophunzira m'modzi kubwera kutsogolo kuti adzasonyeze kalembedwe ka fomu ya CBD Consolidated Monthly Report
* Aphunzitsi afunse ophunzira onse ngati alemba mofanana ndi anzao. Ngati ziri zosiyana akambirane.

**MUTU 51: KUSONYEZA LUSO KWA OYANG’ANIRA WOYAMBA WA**

**ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI : 60**

**Mfundo za tsatanetsane**

**Potsiriza pa phunziroli ophunzira onse ayenera :**

1. Kusonyeza luso la kaperekedwe ka uphungu kwa mlangizi m'modzi.

2. Kusonyeza luso la kaphunzitsidwe ka pagulu.

3. Kusonyeza luso lolemba malekodi a ntchito yotengera kulera khomo ndi khomo.

4. Kusonyeza luso lochititsa msonkhano.

**KONTENTI**

**Kukonzekera kuti kusonyeza luso kuyende bwino, onetsetsani kuti mfundo izi zakwaniritsidwa:**

* Nambala ya ophunzira iri yochepa monga mphunzitsi m'modzi kuyang'anira ophunzira asanu.
* Nthawi yophunzira iripo yokwanira.
* Poyamba ophunzira aphunzitsidwe luso, ndipo kotsiliza kwa maphunziro asonyeze luso, izi zimapereka mwai kwa ophunzira kuti aphunzire lusolo.
* Pali ophunzitsa okwanira kuti ayang'anire ndi kupereka ndemanga kwa ophunzira amene akuphunzira luso. Izi zichitikire m'kalasi.
* Ngati palibe aphunzitsi okwanira oyang'anira mlangizi oyamba kapena wa chiwiri athandizepo. Awa akhale anthu amene anaphunzitsidwa kale za ntchitoyi.
* Mulowa m'maloyu alongosoleredwe bwinobwino kuti amvetse udindo umene wapatsidwa.
* Malo ophunzira akhale kufupi ndi kumene maphunziro aluso adzachitikire
* Anthu akumene maphunziro a luso adzachitikire akhale ovomereza kuti ophunzirawo adzaphunzirireko luso.
* Kumene kuli kale ntchito ya kutengera kulera khomo ndi khomo, maphunziro a lusowa akonzedwe kuti asasokoneze kayesedwe ka ntchito m'deralo.
* Kutsimikizirana ndi mlangizi wotengera kulera khomo ndi khomo kapena mlangizi wa za umoyo wa m'deralo komanso anthu onse kuti adziwe za kuyenderaku.
* Moganizira ndi kutalikirana kwa sukulu ndi malo okaphunzirirako luso, mphunzitsi akhoza kukonza mayendedwe ndi zipangizo zina zofunikira pa ntchitoyi.
* Maphunziro osonyeza luso ngati satsatira ndondomeko tanenayi siakhala a phindu kwa ophunzira ndiponso kwa olera. Ngati mfundo zambiri mndondomekoyi sizingatheke, maphunziro osonyeza luso atha kuchitikira mu kalasi.

**Kuongolera maphunziro osonyeza luso**

• Ophunzira akonzekere maphunziro osonyeza luso pokambirana zimene zitha kuchitika kwa olera kapena maanja. Ophunzira athanso kudzikonzera malamulo oti adzikatsatira pa nthawi yosonyeza luso.

• Popeza kuti oyang'anira adzidzayesa alangizi, ayenera kudziwa bwino luso kuti akathe kuyesa bwino.

• Nthawi yosonyeza luso aphunzitsi adzigwiritsa ntchito cheki lisiti zosiyana siyana mwachitsanzo cheki lisiti ya uphungu wakulera.

• Ophunzira aliyense ayang'aniridwe ndi mphunzitsi kapena oyang'anira woyamba odziwa bwino ntchito yake:

• Ndikofunikira kwambiri kuti pakhale mphunzitsi ndi omuyang'anira modzi pamene wophunzira akusonyeza luso la uphungu.

• Kuyang'aniridwa ndi anthu ambiri ndi kosavomerezeka pa zifukwa izi:

- Zimatsutsana ndi lamulo la uphungu losunga chinsisi

- Kumakhala kovuta kuti phungu ndi olera akhulupirirane.

- Kumachititsa kuti chisonyezo cha luso la uphungu kukhale ngati siuphungu weniweni.

- Zimaopsa ophunzira.

**MUTU 52: ZIPANGIZO ZOGWIRITSA NTCHITO ALANGIZI OTENGERA KULERA KHOMO NDI KHOMO NDI OWAYANG'ANIRA**

**NTHAWI YOPHUNZITSIRA: MPHINDI 30**

**Mfundo za Tsatanetsatane**

Potsiriza pa phunziro ophunzira onse ayenera:

1. Kutchula zipangizo zofunikira kukhala ndi mlangizi wotengera kulera khomo ndi khomo.
2. Kutchula zipangizo zoyenera kukhala ndi woyang’anira wotengera kulera khomo ndi khomo.
3. Kufotokoza kasungidwe ndi kasamalidwe ka zipangizo za mlangizi wotengera kulera khomo ndi khomo.

**KONTENTI**

Zipangizo zofunikira kukhala ndi mlangizi wotengera kulera khomo ndi khomo

Chipangizo Kuchuluka kwake

Bokosi lokhala ndi makiyi losungira katundu 1

Chikwama 1

Makondomu 200

Mapiritsi amphamvu ziwiri 50 (mapaketi)

Mapiritsi amphamvu imodzi 25 (mapaketi)

Zithunzi zophunzitsira

Kalendala 1

Ambulera 1 1

Yunifomu (kwa amene angathe) 1

Kaundula 1

Tale shiti 5

Chikalata cha malipoti a pamwezi 5

Njinga 1

Buku la alendo 1

Zikalata zotumizira wolera ku chipatala 60

Mafailo 2

Registala 1

Makadi a wolera 60

Mabolopeni 2

Mapensulo 2

Malabala

Ma filipi chart (Kabanja ndi Kulera 2

**Zipangizo zoyenera kukhala ndi woyang'anira mlangizi wotengera kulera khomo**

**ndi khomo**

Chipangizo Kuchuluka kwake

Bokosi lokhala ndi kiyi 1

Njinga 1

Kalendala 1

Ambulera 1

Mabolopeni 2

Mapensulo 2

**Kusunga ndi kusamala kwa zipangizo**

* Mlangizi wotengera kulera khomo ndi khomo ayenera kusunga zipangizo zake kutali ndi moto, madzi, ana ndiponso dzuwa.
* Njira zolerera ziyenera kusungidwa m'bokosi lokhala ndi kiyi ndipo poyenda ziyenera kunyamulidwa mu chikwama chosalowa madzi.
* Malekodi onse a mlangizi wotengera kulera khomo ndi khomo ayenera kusamalidwa bwino ndi kuikidwa mu bokosi lokhala ndi kiyi.
* Mlangizi wotengera kulera khomo ndi khomo ayenera kuonetsetsa kuti akhale ndi njira zolerera zokwanira.

**MUTU 53 : LUSO LA KAGWIRIDWE KA NTCHITO KA ALANGIZI OTENGERA KULERA KHOMO**

**NDI KHOMO**

**NTHAWI YOPHUNZITSIRA: MPHINDI 45**

**Mfundo za Tsatanetsatane**

**Potsiriza pa phunziroli, ophunzira onse ayenera:**

1. (a) Kuonerera kamodzi kaperekedwe ka uphungu wa zakulera kumudzi

kapena kusikelo yolerera.

1. Kupereka uphungu wa zakulera kwa olera m'modzi.
2. Kusonyeza luso la kukonzekera kupereka ndi kuona m'mene phunziro la pagulu layendera.
3. Kusonyeza luso la kalembedwe ndi kusunga kwa malekodi osiyanasiyana a zakulera (monga kadi ya olera, kaundula, tale shiti ndi chikalata chotumizira olera).

**ZOYENERA KUTSATIRA POSONYEZA LUSO**

**Kukonzekera kuti kusonyeza luso kuyende bwino, onetsetsani kuti izi zakwaniritsidwa**

* Mphunzitsi m'modzi ayang'anire ophunzira asanu
* Pakhale nthawi yokwanira yophunzitsira
* Poyamba ophunzira aphunzitsidwe luso ndipo kotsiriza kwa maphunziro asonyeze luso, izi zimapatsa mwai woti wophunzira aphunzire lusolo.
* Pakhale aphunzitsi okwanira oyang'anira ndi kupereka zotsatira kwa ophunzira zokwanira m'mene asonyezera luso.
* Ngati palibe aphunzitsi okwanira, oyang'anira mlangizi oyamba kapena wa chiwiri athandizepo. Mlowam'maloyo alongosoleredwe bwino bwino kuti amvetse udindo umene wapatsidwa.
* Maphunziro aluso achitikire kufupi ndi malo ophunzirira
* Anthu akumene maphunziro a luso adzachitikire, avomereze kuti ophunzirawo adzaphunzirireko luso
* Kumene kuli kale ntchito yotengera kulera khomo ndi khomo, maphunziro a lusowa akonzedwe njira yoti sasokoneza kayendetsedwe ka ntchito m'deralo
* Molingana ndi kumene kuli malo okaphunzirako luso, mphunzitsi ayenera kukonzeka mayendedwe ndi zina zofunikira.
* Malo ophunzirirako luso, akhale malo oti ntchito yotengera kulera khomo ndi khomo idzapitirira.

Maphunziro osonyeza luso ngati satsatira ndondomeko yafotokozedwayi sikhala ya phindu kwa ophunzira ndiponso kwa olera. Ngati MFUNDO zambiri za ndondomekoyi sizingatheke, maphunziro osonyeza luso atha kuchitikira mu kalasi.

**KUONGOLERA MAPHUNZIRO OSONYEZA LUSO**

Ophunzira akonzekere maphunziro osonyeza luso pokambirana zimene zitha kuchitika kwa olera kapena maanja. Ophunzira atha kudzikonzera malamulo akuti adzikatsatira pa nthawi yosonyeza luso.

Nthawi yosonyeza luso, aphunzitsi adzigwiritsa ntchito ma cheki lisiti woonera momwe luso layendera.

Ophunzira aliyense ayang'aniridwe ndi mphunzitsi kapena oyang'anira woyamba odziwa bwino ntchito yake.

Ndi kofunikira kwambiri kuti pakhale mphunzitsi ndi omuyang'anira m'modzi pamene wophunzira akusonyeza luso.

Kuyang'aniridwa ndi anthu ambiri ndi kosavomerezeka pa zifukwa izi:

* Zimatsutsana ndi lamulo la uphungu losunga chinsinsi.
* Kumakhala kovuta kuti phungu ndi olera akhulupirirane.
* Kumaopseza ophunzira kuti asathe kuonetsa bwino luso.
* Kumachititsa chisonyezo cha luso lauphungu kukhala ngati siuphungu weniweni.

**ANNEX**

# ANNEX

# MABUKU AMENE ANAGWIRITSIDWA NTCHITO POLEMBA MAPHUNZIROWA

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